

# AUGUST 2020



**National Eye Exam Month**

&

**National Peach Month!**



Grilled Peaches

**Ingredients**

- peaches
- 3 tbsp honey
- 1/16 tsp cinnamon
- 1/16 tsp salt

**Instructions**

Begin by preheating your grill on high for at least 15 minutes. Meanwhile, cut your peaches crossways following the natural line on the peach. Separate and remove the pits. In a shallow bowl, whisk together 3 tablespoons honey, 1/16 teaspoon of cinnamon, and 1/16 teaspoon of salt. Be sure to re whisk this mixture just before you coat the peach in it. Dip each peach half in the honey mixture until it's completely coated. At this point your grill should be hot enough. Open the lid and keep the heat on high. Place the peach halves cut side down and grill for 3-4 minutes, or until grill marks are achieved. Flip and grill another minute or so, just until the rounded side is softened. Remove from the grill with tongs and serve over yogurt or ice cream with extra honey, mint, or chopped pistachios.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1
<b>Reminder! Masks are mandatory until August 31<sup>st</sup>!</b>						<b>Eye Fact:</b> The eye organ is more complex than the brain!
2	3	4	5	6	7	8
<b>National Friendship Day!</b> 	<b>National Simplify Your Life Week!</b> 	<b>Peach Fact:</b> Peaches may reduce allergy symptoms!	<b>Work Like a Dog Day</b> 		<b>Peach Fact:</b> Peaches can help protect your skin!	
9	10	11	12	13	14	15
<b>National Women's Day</b> 	<b>Eye Fact:</b> It is impossible to sneeze with your eyes open!		<b>Peach Fact:</b> Peaches aid in digestion!			<b>Eye Fact:</b> Your eyes focus on 50 different objects every second!
16	17	18	19	20	21	22
<b>National Tell A Joke Day!</b> 	<b>Eye Fact:</b> Only 1/6 of your eyeball is visible!	<b>National Fajita Day!</b> 		<b>National Lemonade Day!</b> 	<b>Peach Fact:</b> Peaches may improve heart health!	
23	24	25	26	27	28	29
			<b>Peach Fact:</b> Peaches are packed with vitamins & minerals!	<b>National Just Because Day!</b> 		<b>Eye Fact:</b> The average person blinks 12 times a minute!
30	31					