

EAT ALASKA EVERY DAY

Plan your meals for the week!

USE DRY-ERASE MARKER. FLIP OVER TO SEE WHAT'S IN SEASON.
CIRCLE YOUR FAVORITE INGREDIENTS. USE AS A SHOPPING LIST.

MON.

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TUES.

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WED.

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THURS.

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FRI.

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SAT.

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SUN.

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SNACKS, TREATS *and* FOOD PREP



WINTER



FALL

MID-SUMMER



LATE SUMMER

alaskafarmersmarkets.org



freshnorth.org