

✓ HealthCheck360

Seasonal Eating

June 8, 2026

Presented By |
HealthCheck360



Agenda

What is seasonal eating?

The benefits of seasonal eating

How to get started





What is seasonal eating?

Choosing foods, especially fruits and vegetables, that are naturally harvested during the current time of year in your region.

Important Note:

- Everyone's situation is different. Do what you can.



Benefits of Seasonal Eating

Taste

- Fully ripe

Nutrients

- Vitamin C and polyphenols

Variety

- Nutrients and taste



Benefits of Seasonal Eating

Price

- In-season is cheaper

Environment

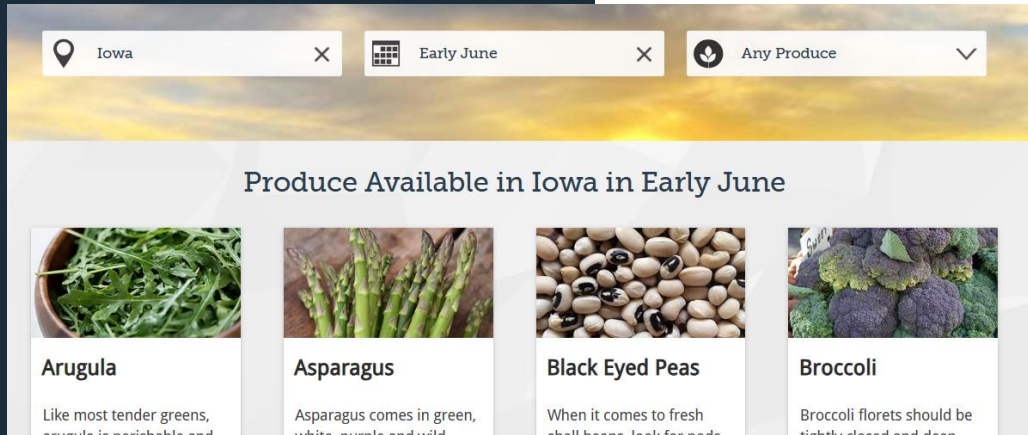
- Energy cost is lower

Local support

- Keep money and jobs local

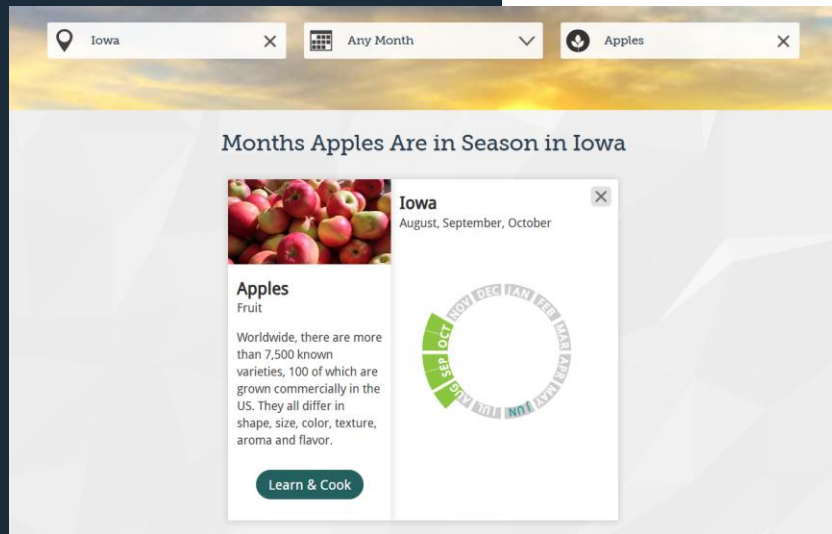


Getting started



Find what is in season for you

www.seasonalfoodguide.org



Getting Started

Local grocery stores

Farmer's Market

Local farms/U-pick

Community-Supported Agriculture (CSA)

Delivery services

- Hungry Harvest
- Misfits Market





Getting Started

Preparation Methods

- Veggies
 - Boil
 - Steam
 - Sauté
 - Stir-fry
 - Braise
 - Roast
 - Grill
- Fruits
 - Grill
 - Cook/Bake
 - Sauté
- Canning/Freezing



Recipes

Sheet pan roasted garlic and herb chicken and vegetables

- 1 1/2 lbs. boneless skinless chicken breasts cut into 1-inch pieces
- 2 cups broccoli florets
- 1 large zucchini cut into 1-inch pieces
- 1 medium onion cut into 1-inch pieces
- 1 bell pepper any color, cut into 1-inch pieces
- 1 cup grape tomatoes cut into 1-inch pieces

For the Garlic & Herb marinade:

- 1/4 cup olive oil
- 4 cloves garlic crushed or finely chopped
- 2 tbsp parsley or chive or basil
- 2 tsp cilantro
- 1 tsp chili pepper flakes
- Salt and freshly ground black pepper
- 1 tsp ginger optional
- juice of 1/2 lime

Directions – Preheat the oven to 450°. In a medium bowl, mix garlic, herbs, salt, pepper, lime juice. Place the chicken and veggies on a sheet pan and drizzle with the garlic and herb mixture. Combine until everything is coated. Bake for 20-22 minutes or until the chicken is done and veggies are cooked through.

Use parchment paper to help clean-up





Recipes

Grilled Fruit Skewers with Chili and Lime

- 1/2 5-to-6-pound seedless watermelon, cut into 1-inch cubes
- 1 pineapple, peeled, cored and cut into 1-inch cubes
- 2 mangoes, peeled, pitted and cut into 1-inch cubes
- Grated zest and juice of 1 lime
- Vegetable oil, for brushing
- 2 teaspoons chili powder
- Coarse sea salt

Directions - Soak 18 wooden skewers in water 20 minutes. Thread the watermelon, pineapple and mango cubes on the skewers. Put the skewers in a large zip-top plastic bag, being careful not to puncture the bag; add the lime juice, seal and toss gently to incorporate. Refrigerate at least 30 minutes or until ready to use. Preheat a grill or grill pan to medium high. Remove the skewers from the bag and place on a baking sheet. Brush the fruit with vegetable oil and place the skewers on the grill. Grill, turning once, until marks appear, 6 to 8 minutes. Transfer to a serving platter. Combine the lime zest, chili powder and 1 teaspoon salt in a small bowl. Sprinkle the seasoning over the grilled fruit.





Summary

- **Seasonal eating has great benefits**
- **Look local to find options near you**
- **Try something new!**



Upcoming Webinars

Emotional Intelligence for Better Health

Learn how emotional intelligence can improve your relationships, reduce stress, and enhance your overall health, at work and at home.



July 1

Exercise for Longevity and Vitality

Explore how functional fitness and consistent movement can help you live your best life for years to come.



August 5

Lifestyle Rewards



- 1. True or False: Seasonal produce is the same everywhere.**
 - a) True
 - b) False
- 2. What is one benefit of seasonal eating?**
 - a) Taste
 - b) Support big box companies
- 3. What was one preparation mentioned for both fruits and vegetables?**
 - a) Boiling
 - b) Grilling

*** If your company has elected questions for lifestyle rewards, it will be noted when you submit on your account.**



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Contact a Health Coach

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Questions?

