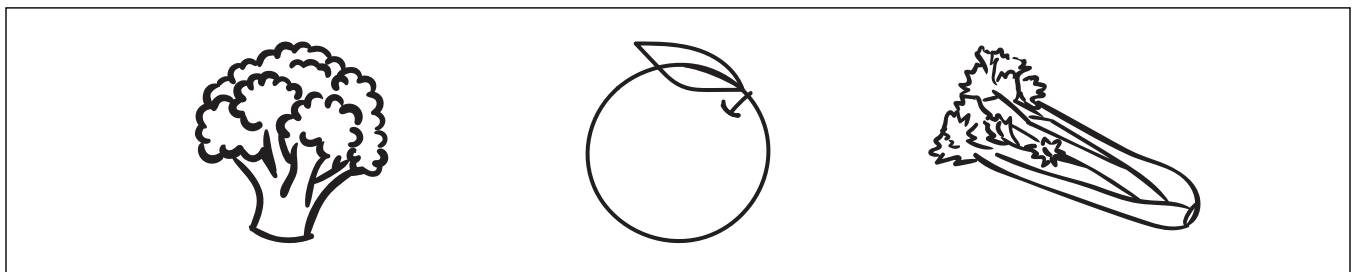
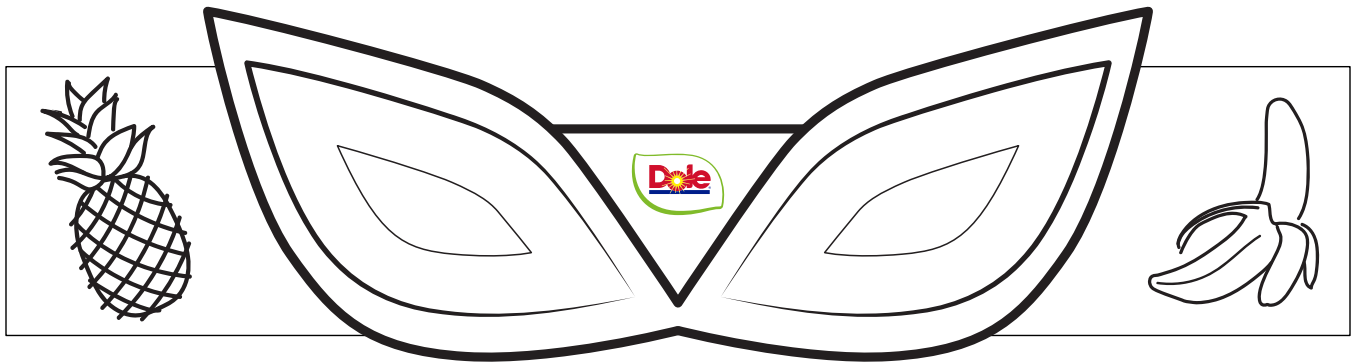




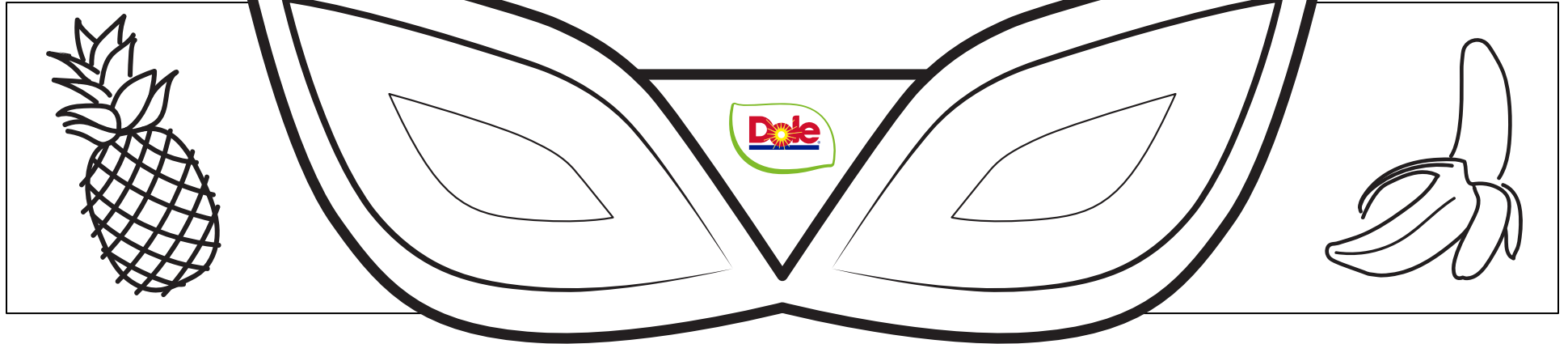
# CREATE YOUR OWN HERO: DOLE HEALTHY HERO MASK

With great fresh fruit and veggies comes great nutrition! Join our Dole Healthy Hero squad by creating your very own Dole Healthy Hero Mask. Just **print, color, cut and fit** to be ready to share your super powers within the kitchen and beyond!

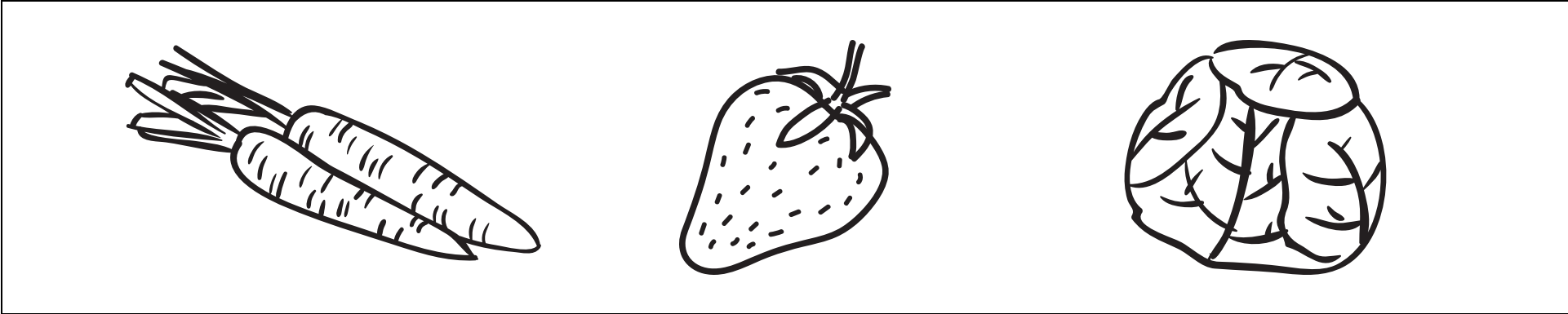
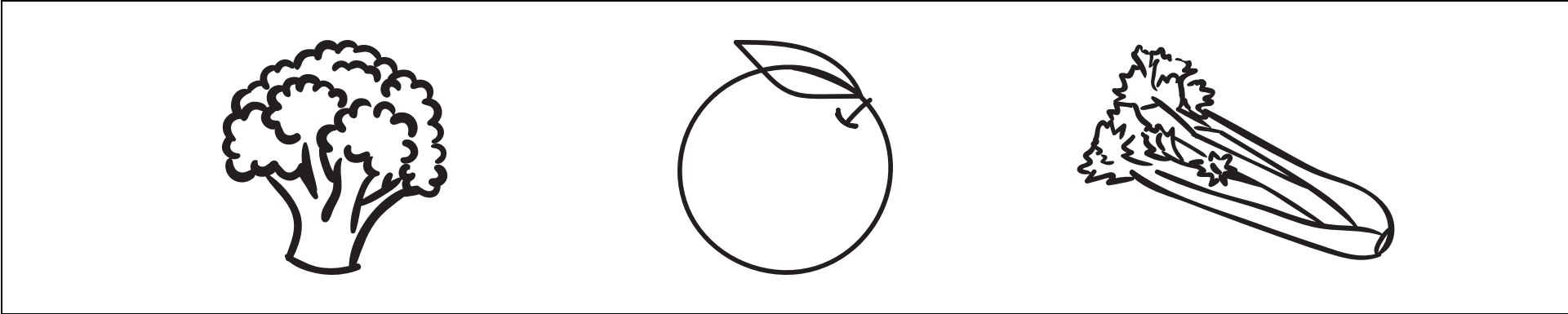
- 1 Print out the Dole Healthy Hero Mask
- 2 Color and decorate as desired
- 3 Cut out the Dole Healthy Hero Mask and sizing strap
- 4 Tape or staple the sizing strap to the hero mask and fit to your child's head
- 5 If needed, add the provided extra sizing strap for fitting



# DOLE HEALTHY HERO MASK



# DOLE HEALTHY HERO MASK SIZING STRAPS





# RECIPE INSPIRATION FROM DOLE

## Avocado-Berry Gamora Salad

### INGREDIENTS:

- 1/4 cup chopped walnuts
- 1/4 cup sliced almonds
- 1 pitted Medjool date
- 1/2 DOLE® Lemon, juiced (about 2 tablespoons)
- 1/2 cup DOLE® Raspberries
- 2 tablespoons olive oil
- 1/4 teaspoon kosher salt
- 1 ripe DOLE® Avocado, peeled, pitted and chopped
- 1 bag (5 ounces) DOLE® 50-50 Blend
- 1 cup quartered DOLE® Strawberries
- 1/2 cup DOLE® Blueberries

### DIRECTIONS:

1. **Toast** walnuts and almonds in a large skillet over medium-high heat 4 minutes or until lightly browned and fragrant, stirring frequently; transfer to a plate to cool.
2. **Purée** date, lemon juice, raspberries, oil, salt and 2 tablespoons water in a blender on high until smooth; transfer to a large bowl. Fold in avocado, 50-50 blend, strawberries and blueberries. Makes about 6 cups.
3. **Serve** salad sprinkled with walnut mixture.

**Allergens:** Tree Nuts

