

June '24 Newsletter

Living in West Michigan, we're surrounded by natural beauty and a thriving food scene. But did you know some local favorites can also be superstars for your brainpower?

Here are five delicious and brain-boosting options you can find right here in West Michigan:

Fabulous Freshwater Fish: Lake Michigan is a treasure trove of brain-healthy fish. Opt for locally-caught salmon, trout, or whitefish, all rich in omega-3 fatty acids. Omega-3s are essential for building and repairing brain cells, leading to improved memory, learning, and focus. Head to Fish Lads on Ionia or grab a delicious salmon burger at Butcher's Union – a taste of West Michigan that's good for your mind too!

Tart Cherry Power: Michigan is the king of tart cherries, and for good reason! These ruby-red gems are packed with antioxidants that fight free radicals, protecting brain cells from damage. Studies suggest tart cherries may also improve memory and cognitive function. Stock up on tart cherry juice at a farmers market, add them to your morning oatmeal, or indulge in a delightful cherry pie (just remember, moderation is key!)

Go Local with Greens: Hudsonville is known as the Salad Bowl of Michigan and boasts some of the freshest and most vibrant produce around. Leafy greens like kale, spinach, and swiss chard are loaded with brain-nourishing vitamins and minerals. Vitamin K, abundant in greens, plays a crucial role in memory (cont)



(cont) function, while folate may help prevent cognitive decline. Support local farmers and nourish your brain by incorporating greens into your diet – saute them with garlic and olive oil, blend them into a smoothie, or add them to your next lunchtime salad.

Grand Rapids' Nutty Delights: West Michigan is home to a thriving nut scene, with local growers and shops offering a variety of brain-boosting options. Almonds, walnuts, and pecans are all rich in healthy fats, vitamin E, and B vitamins, which contribute to improved cognitive function, memory, and learning. Snack on a handful throughout the day, add them to your yogurt or granola, or indulge in a delicious homemade trail mix with local nuts and dried fruits.

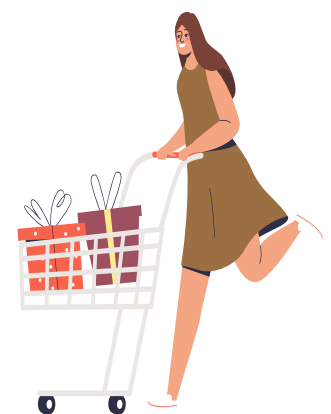
West Michigan's Coffee Connection: Coffee isn't just a West Michigan morning ritual; it's a brain-power booster too! Studies show moderate caffeine intake can improve alertness, focus, and reaction time. Support local roasters by grabbing a cup of their finest brew, or enjoy a coffee flight to discover your new favorite. Remember, moderation is key, but a delicious cup of West Michigan coffee can definitely give your brain a helpful nudge.

Fuel your focus with West Michigan's brain-boosting bounty! Embrace what West Michigan offers and nourish your brain for success!

Ice Cream Flavors

C	A	S	A	H	O	K	E	Y	P	O	K	E	Y
O	T	E	T	N	U	T	A	E	E	I	C	S	T
T	B	C	C	R	T	C	O	O	C	A	N	K	A
T	U	O	H	A	A	U	E	T	A	R	S	C	Y
O	N	O	O	E	T	W	A	A	N	U	L	A	C
N	E	K	C	T	U	O	B	T	C	I	N	R	V
C	O	I	O	N	E	O	T	E	A	T	L	T	A
A	P	E	L	E	A	R	O	T	R	Y	R	E	N
N	O	D	A	E	C	E	R	A	C	R	O	S	I
D	L	O	T	R	E	E	S	E	S	T	Y	O	L
Y	I	U	E	G	G	F	U	D	G	E	W	O	L
U	T	G	S	I	A	N	A	N	A	B	E	M	A
E	A	H	T	U	N	O	C	O	C	I	A	O	N
L	N	N	N	T	D	A	O	R	Y	K	C	O	R

- COCONUT
- STRAWBERRY
- VANILLA
- FUDGE
- ROCKY ROAD
- COOKIE DOUGH
- NEOPOLITAN
- COTTON CANDY
- HOKEY POKEY
- CHOCOLATE
- MOOSE TRACKS
- GREEN TEA
- TIGER TAIL
- PECAN
- REESES
- BANANA



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