

# Amity Regional District No.5 November Newsletter



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## YOUR DINING TEAM

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## November Food Focus Legumes

### LEGUMES



PINTO BEANS



SOYBEANS  
(EDAMAME)



BLACK BEANS



KIDNEY BEANS



GARBANZO BEANS  
(CHICKPEAS)



NAVY BEANS



SPLIT PEAS



BLACK-EYED PEAS



PUY (FRENCH  
GREEN) LENTILS



Amity Environmental Club Members hosted our  
tasting table featuring Black Bean Brownies!!!

Chartwells' ongoing commitment is to  
provide our customers with the information  
needed to make healthy meal choices....

Legumes are so good for you that you should try to eat them most days of the week. You'll see that this is actually pretty easy! Try legumes dried, canned, or frozen! They will provide you with essentially the same amount of nutrients