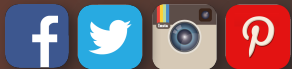


# 30 Days of Thankfulness

RAINIER FRUIT  
**WHOLESOME**  
*to the*  
**CORE**<sup>®</sup>

LIVING WHOLESOME TO THE CORE IS ABOUT LIVING OUR BEST LIFE. TO BE OUR BEST WE MUST APPRECIATE WHAT WE HAVE. TAKE A FEW MOMENTS EACH DAY TO REMEMBER WHAT YOU ARE THANKFUL FOR.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <i>Family</i> The one you were <b>born</b> with and the one you <b>create</b> .	2	3 <b>FRIENDS</b>	4
5 Good Food	6	7 <b>MOMENTS OF LAUGHTER</b>	8	9 <i>Childlike Wonder</i>	10	11 Opportunities to <b>Learn</b> New Things
12	13 THE <i>Chance</i> TO <b>GIVE BACK</b> TO <b>OTHERS</b>	14	15 Work That Makes You <b>Happy</b>	16	17 <b>A PLACE TO CALL HOME</b>	18
19 <b>COMMUNITY</b>	20	21 The Natural <i>Beauty</i> Around Us	22	23 <b>GOOD HEALTH</b> ...or fighting the fight to reclaim your health.	24	25 <i>Quiet Time</i> Even if it's just a <i>few</i> minutes.
26	27 <i>Celebrations</i>	28	29 <i>Kindness FROM A STRANGER</i>	30		



LEARN MORE ABOUT OUR APPLES, PEARS, CHERRIES AND BLUEBERRIES AND KEEP LIVING WHOLESOME TO THE CORE.  
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