



A 3 MINUTE READ TO SPARK JOY & IGNITE YOUR FAITH

Hi ,

In less than 48 hours my family and I will be saying our final goodbyes to Zack, our 16-year-old cockapoo. We knew this day would come and we'll be heartbroken and sad. Loving and losing a furry member of your family is one of those darn bittersweet parts of this life.

We know we'll still talk about him and talk for him (in a gravelly voice that kinda sounds like an old man from the south).

So, in honor of the pup who has brought us such joy, I couldn't help but share some pictures with you. Zack was a coffee loving, pastry stealing bundle of fluff who loved us well. It's amazing how one little critter can be such a blessing.

In addition to Zack's furry mug, this week's Funletter includes a helpful list for storing your fruits & veggies and a summer screensaver with an important reminder to keep moving forward.

And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ. Philippians 1:6

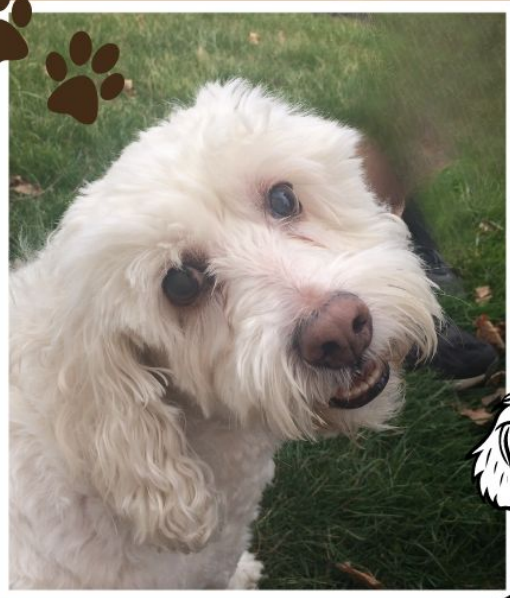
Take assurance that God is not finished with you yet. In every and all situations God is by your side. He is still working in you and for you. Just keep moving forward.

Have a great Memorial Day weekend friend. May it hold rest or activity.....whichever you need most.

All for HIM,

Julie B.

1.Zack the Cockapoo



2. Fridge? Counter?

Every Wednesday evening I play "Let's Clean Out the Fridge".

(insert obnoxious game show music)

I toss what needs to go and invariably it's a wrinkled peach here or a soggy grape there. Ugh. I hate throwing out food because we didn't eat it. (insert sad face)

It's so frustrating how quickly fresh produce turns.....un-fresh! I attempt to store each type of fruit/veggie where it will last the longest, but sometimes I forget where that should be. This resource helps! (insert happy face)

In addition to the picture you can click on and save, the button below takes you to a Better Homes & Garden's article:

How to Properly Store ... FRUITS & VEGETABLES

<p>COUNTERTOP</p> <p>Ripen these at room temp before placing in the fridge.</p> <p>Peaches Pears Melons Tomatoes Bananas Avocados Oranges</p> <p>TIP: Want to accelerate the ripening process? Put fruit in a paper bag with a ripe banana. Ripening at room temperature increases a fruit's sweetness.</p>	<p>AND THESE:</p> <ul style="list-style-type: none"> - Kiwis - Mangos - Honeydew - Watermelon - Nectarines - Papayas - Pineapple - Plums - Grapefruit - Persimmons - Pomegranates
<p>REFRIGERATOR</p> <p>Some fruits release ethylene gas that spoil vegetables, so store fruits separately in the fridge.</p> <p>Grapes Apples Cherries Blueberries Strawberries Lemons & Limes</p> <p>Peppers Broccoli Sprouts Lettuces & Cabbages Broccoli Cauliflower</p>	<p>AND THESE:</p> <ul style="list-style-type: none"> - Artichokes - Parsley - Beets - Spinach - Leeks - Kale - Lima Beans - Lentils - Sprouts - Carrots - Herbs - Celery - Mushrooms - Asparagus - Peas - Radishes - Corn - Cucumber - Dark Leafy Greens
<p>PANTRY</p> <p>Store these items in a cool, dry, dark place, such as your pantry.</p> <p>Onions & Garlic Potatoes Pumpkins Eggplants Sweet Potatoes</p> <p>TIP: Keep onions away from other produce because they release a gas which can accelerate spoilage.</p> <p>TIP: Keep produce separately in a paper bag or cardboard box in pantry.</p>	<p>AND THESE:</p> <ul style="list-style-type: none"> - Green Beans - Summer Squash - Zucchini - Basil - Cucumber - Ginger - Winter Squash
<p>FREEZER</p> <p>Freezing fruits & veggies is a handy way to preserve them and reduces food waste.</p> <p>Broccoli & Other Green Veggies Strawberries, Blueberries, and Grapes Veggie Bits for Soup Making</p>	<p>CUT UP AND PUT IN FREEZER BAGS:</p> <ul style="list-style-type: none"> - Apples - Avocados - Bananas - Cherries & Berries - Corn - Leafy Greens - Lemons/Limes - Zucchini - Carrots - Lima Beans - Leafy Greens - Fresh Herbs - Ginger - Grapes - Green Beans - Zucchini

3. Summer Screensaver



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