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coco

Seasonal Fridge Check

List your fruits and vegetables in the lists below. Tick the items that are in season

Vegetables

Name of Item	Seasonal
	☐
	☐
	☐
	☐
	☐
	☐
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	☐
	☐
	☐

Fruits

Name of Item	Seasonal
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	☐
	☐
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	☐
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	☐
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