

Quickbites ~

In many parts of the country it's harvest time, with the colors and flavors of fall at their peak. So, to help keep you at your peak, we've loaded this issue of Quickbites with a bounty of autumn goodies.

Let's start with food shopping. Since produce is nutritionally at its best when you enjoy it soon after it's picked, it's always great to shop at farmer's markets, farm stands, or the local produce section of your market. Read [Get More From the Farmers Market](#) and find out why.

But before you head out shopping, be sure to read our article, [Foods that Help Fight Cancer](#) so you can make the healthiest choices whenever you shop.

Speaking of keeping it local, we've also included an easy-to-do-anywhere [Jump Rope Workout](#) for you. Jump ropes are affordable (even a toy store version will do the trick), portable, and give you a fast, simple way to get your heart rate up and your muscles toned anytime, anywhere.

And now that the days are cooling down, it's nice to sit down to a bowl of hot filling soup. Our [Spicy Black Bean Soup](#) recipe takes just minutes to make, but will keep you satisfied for hours. And, best of all you can enjoy it for a **PointsPlus**[®] value of just 4 per serving.

Stay warm!

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