play hard, live healthy!

eat more fruits and vegetables!

Growing Healthy Students

Harvest of the Month

www.harvestofthemonth.com

EAT FRUITS & VEGETABLES AND BE ACTIVE

This material was funded by USDA's Food Stamp Program through the California Nutrition Network for Healthy, Active Families. This institution is an equal opportunity provider and employer. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483. © Copyright California Department of Health Services 2007.

SIGN-461/Ver. 10/06