Power Up!

Eat more fruits and vegetables!

Harvest of the Month

www.harvestofthemonth.com

This material was produced by the California Department of Public Health’s Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help you buy fruits and vegetables. For CalFresh information call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.