

Harvest of the Month

Network for a Healthy California



Beans



HUMBOLDT COUNTY OFFICE OF EDUCATION
Nutrition Programs & Services

A fresh approach to student health.



This material was produced by the California Department of Public Health's Network for a Healthy California with funding from USDA SNAP, known in California as CalFresh (formerly Food Stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net. © 2011

Do you know
about beans?



Did you know
that beans are
a seed?



I just thought you
might like to know.

Did you know that
the *seed grows inside*
of the *bean pod*?



I just thought you
might like to know.

Did you know that
beans come in all
different colors?



I just thought you
might like to know.

Did you know
that beans give
you iron?

Iron is a mineral that helps
you fight sickness.



Some foods you can eat to get iron are:



Kidney beans



Black-eyed peas



Lima beans

I just thought you
might like to know.