

Harvest of the Month

Network for a Healthy California



Carrots



HUMBOLDT COUNTY OFFICE OF EDUCATION

Nutrition Programs & Services

A fresh approach to student health.



CHAMPIONS
for CHANGE

Network for a Healthy California

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 carrots?



Did you know
that **carrots** are
a **vegetable**?



I just thought you
might like to know.

Did you know that
carrots grow
under the ground?



I just thought you
might like to know.

Did you know that
carrots can be
orange, white or
purple in color?

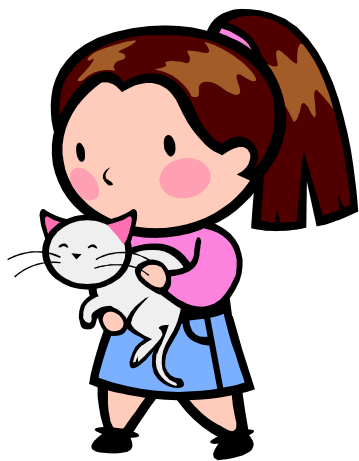


I just thought you
might like to know.

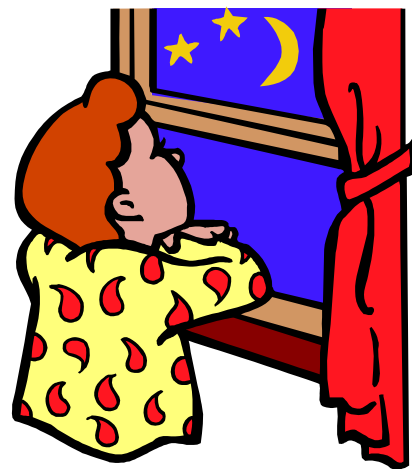
Did you know that carrots have Vitamin A?



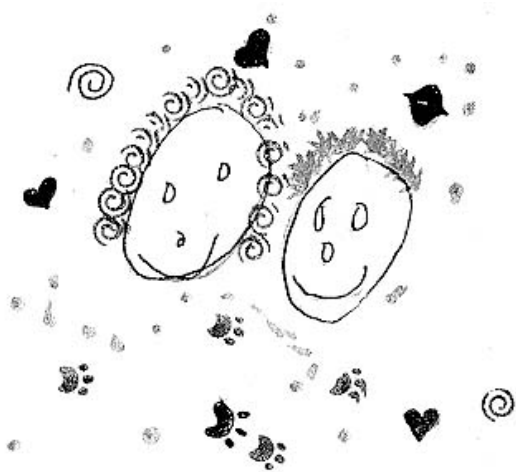
Vitamin A



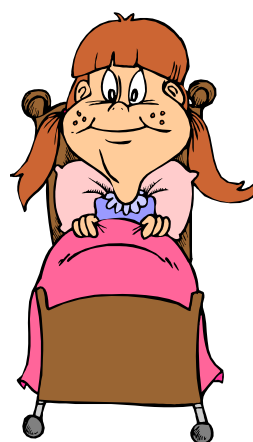
Helps you grow



Helps you see
in the dark



Helps keep your
skin healthy



Helps you
fight sickness

I just thought you might like to know.