

# Harvest of the Month



Network for a Healthy California



# Strawberries



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](http://www.cachampionsforchange.net). © 2011



Do you know about  
**strawberries?**





Did you  
know that  
strawberries  
are a fruit?



I just thought you  
might like to know.



Did you know that  
**strawberries** are the  
only fruit with **seeds**  
on the **outside**?



I just thought you  
might like to know.



Did you know  
that **strawberries**  
are **red**?



I just thought you  
might like to know.

Did you know that  
**strawberries** give  
you **Vitamin C**?

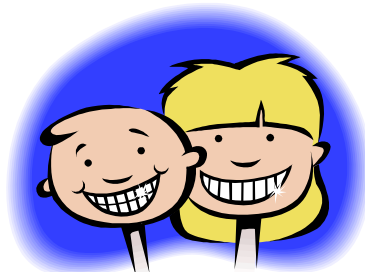
## Vitamin C



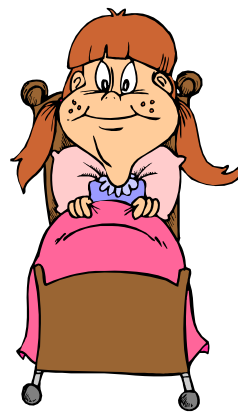
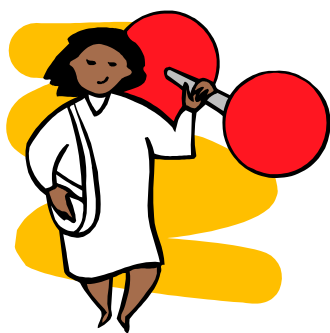
Holds bones together



Helps cuts



Helps teeth and gums for a beautiful smile



Helps keep blood strong to keep you healthy

I just thought you  
might like to know.