

PURPOSE

To promote awareness of the health benefits of eating fruits and vegetables and encourage students to consume more fruits and vegetables.

BENEFITS OF FRUITS & VEGETABLES



Packed with nutrients & vitamins



Provides natural energy boosts



Reduces risk of chronic diseases

HOW TO CELEBRATE

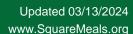
- Try new colors, shapes, & textures of fruits & vegetables
- Slice and cut fruits & vegetables
- Explore the produce section & farmers market
 - Check out frozen, dried and canned fruits & vegetables



TEXAS DEPARTMENT OF AGRICULTURE COMMISSIONER SID MILLER

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O Box 12847 | Austin, TX 78711 Toll Free: (877) TEX- MEAL | For the hearing impaired: (800) 735-2989 (TTY)







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