

Eat Berries

Snack Idea:

Use fresh or frozen berries to add to your next smoothie.



Produce Tip:

Always remember to wash berries before serving.



Health Tip:

Berries contain phytochemicals, which function to promote immunity.



For CalFresh information, call 530-225-5767. Funded by the USDA Supplemental Nutrition Assistance Program, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. California Department of Public Health.

