

Eat Broccoli

Snack Idea:

Pour lemon juice or sprinkle low-fat parmesan cheese over steamed broccoli.



Produce Tip:

Cook broccoli by steaming, microwaving, or stir-frying.



Health Tip:

Broccoli is a good source of calcium, which supports proper functioning of muscles and nerves.



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.

