Eat Cabbage

Snack Idea:

Use green and purple cabbage for a rainbow coleslaw.

Produce Tip:

Before use, rinse thoroughly and remove tough outer leaves. Cut in half and trim core.

Health Tip:

An excellent source of vitamin K which helps cuts from bleeding too much.

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.

Network for a Healthy California Harvest of the Month

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