

Eat Dried Fruit



Snack Idea:

Top low-fat yogurt with dried fruit and low-fat granola.



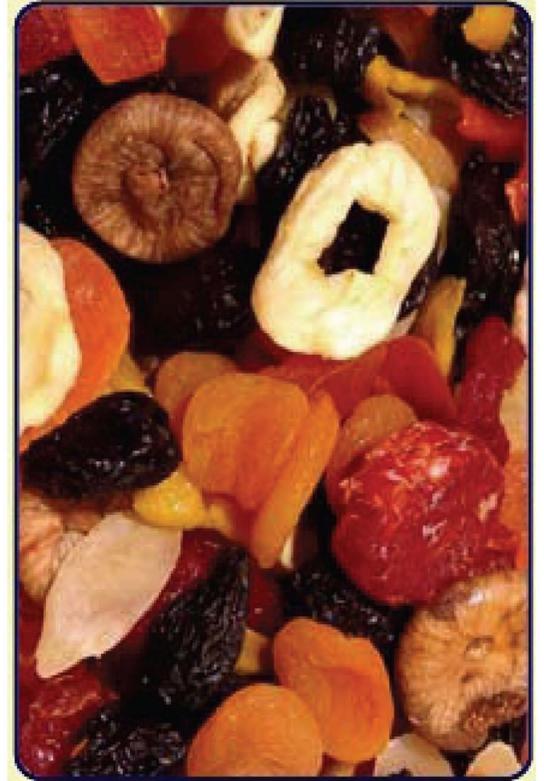
Produce Tip:

Look for dried fruits sold in bulk quantity—they're cheaper.



Health Tip:

Dried fruits have antioxidants that help fight off cancer.



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.



Harvest
of the
Month

