

# Eat Kale

## Snack Idea:

Add kale to your next Tortilla Wrap! Try cold or hot.

## Produce Tip:

Select leaves that are green and crisp. Avoid leaves that are limp, damaged, or spotted.

## Health Tip:

Kale is an excellent source of Vitamin A, which helps form and maintain healthy skin and teeth.



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](http://www.cachampionsforchange.net) for healthy tips. California Department of Public Health.



Harvest  
of the  
Month

