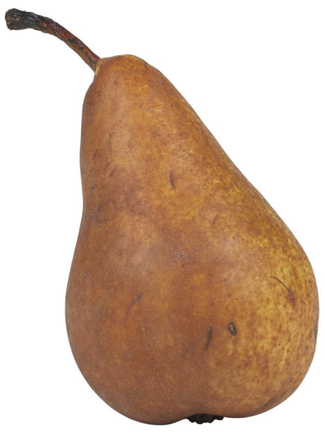
Eat *Pears*

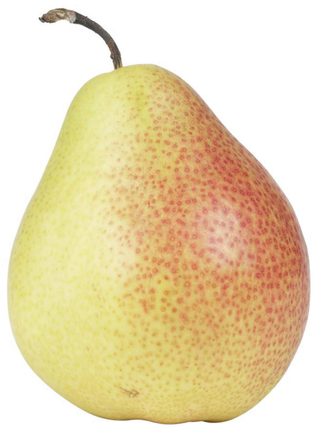
Snack Idea:

Top a rice cake with low-fat vanilla yogurt and pear slices.



Produce Tip:

To ripen a pear, place near apples or put in a paper bag.



Health Tip:

Pears provide Vitamin C which is essential for metabolism.

For *CalFresh* information, call 530-225-5767or visit www.shastahhsa.net. 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.

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