

Eat Root Vegetables

Snack Idea:



Peel and slice crisp jicama and sprinkle with chili powder.

Produce Tip:



Select firm jicama that are smooth with no bruises or spots.

Health Tip:



Root vegetables are rich in complex carbohydrates, which give your body energy, especially the brain.



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.

