

JANUARY NUTRITION NEWS

NEW VEGETABLE OF THE MONTH FUN FACTS:

- Bell peppers are a good source of Vitamin A
- Red, orange, and yellow bell peppers are actually very ripe green bell peppers



NEW FRUIT OF THE MONTH FUN FACTS:

- Kiwis grow on vines like grapes
- They are the most nutrient dense fruit
- Kiwis have more vitamin C than an orange

Upcoming Events:

- Jan 3rd: Return back to school
- Jan 16th: No School - Martin Luther King, Jr. Day