





November



Persimmons

  Are high in vitamin A
which helps keep your skin
healthy and helps you see in
the dark

  Also have vitamin C
which helps heal cuts and
bruises



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The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program in Tulare County, call 1-800-834-7121. This material was created and approved as an extension to the Harvest of the Month tool kit developed by the *Network for a Healthy California*.