

Cooked Greens

Harvest of the Month--November

Cc is for cooked greens

Can you think of other words that begin with the letter c?



Count the different kinds of leafy greens.
Eat cooked greens to get Vitamin A
which helps your eyes see in **low light**.



Tulare County Office of Education

Jim Vidak, County Superintendent of Schools



This material was created and approved as an extension to Harvest of the Month produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information in Tulare County, call 1-800-834-7121. For important nutrition information, visit www.cachampionsforchange.net.