



Vitamins and minerals are good for you.



Iron is a mineral that helps you fight sickness.



Some foods you can eat to get iron are:



Kidney beans



Black-eyed peas



Lima beans

Tulare County Office of Education

Jim Vidak, County Superintendent of Schools

This material is adapted from 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 call, 1-877-847-3663. For important nutrition information, visit www.cachampionsforchange.net.