

Fresh Fruit & Vegetable Program: March 2023

Featured Fresh Fruit: **COLORFUL MEDLEY TOMATOES**



Health Benefits:

1. Vitamin A: promotes healthy vision and cell growth
2. Vitamin C: supports immune system, healthy skin, and healing
3. Antioxidants: brain health, reduce risk of heart disease and cancer



Fun Facts:

1. There are over 10,000 varieties of tomatoes!
2. China is the largest producer of tomatoes, United States and India are the second and third highest!
3. Tomatoes come in a variety of colors including red, pink, orange, yellow, and brown!

