

Fresh Fruit & Vegetable Program

Featured Fresh Vegetable: **SWEET POTATO**



Health Benefits:

1. Vitamin A: promotes healthy vision and cell growth
2. Vitamin C: supports immune system, healthy skin, and healing
3. Potassium: heart health, muscles, and nervous system



Fun Facts:

1. Over 2.5 BILLION pounds of sweet potatoes are grown in the United States every year!
2. Sweet potatoes are a root vegetable and they grow beneath a beautiful flowering plant!
3. Sweet potatoes come in many different colors such as orange, white, yellow, red, and purple.

