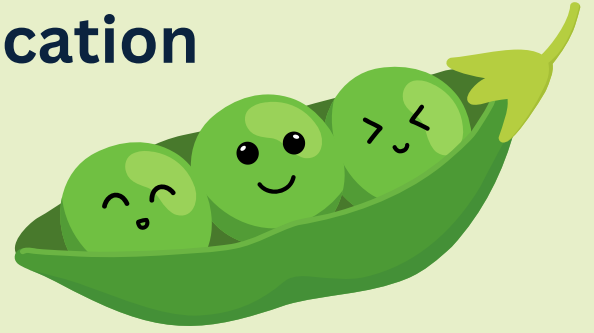


FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education



FUN FACTS:

- GREEN BEANS ARE NOT ALWAYS GREEN, THEY CAN COME IN YELLOW, PURPLE, AND BLACK
- THERE ARE OVER 130 KINDS OF GREEN BEANS
- GREEN BEANS ARE ALSO KNOWN AS 'STRING BEANS' OR 'SNAP BEANS'

NUTRITIONAL INFORMATION:

- GREEN BEANS ARE A GOOD SOURCE OF VITAMINS K, A, AND C
- THEY ARE HIGH IN FIBER AND POTASSIUM
- GREEN BEANS SUPPORT HEART, BONE, AND DIGESTIVE HEALTH

