

# NC Produce is Coming to School

Fresh From A Farm  
Near Your School.  
[ncfarmtoschool.com](http://ncfarmtoschool.com)



### Did You Know?

Strawberries are an excellent source of Vitamin C and help to heal cuts and scrapes on your body.

Apples contain pectin which helps in food digestion. An apple a day helps to keep tummy aches and doctors away!

Sweet potatoes are packed with Vitamin A which keeps eyes & skin healthy and helps to protect against infections.

Watermelons are big and round but not too fattening to eat! They have potassium that keeps your muscles working hard for you.

