

GRAB

Grapes are a good source of vitamins C, K, and antioxidants. So grab some California grapes and enjoy!



CALIFORNIA FOOD
FOR CALIFORNIA KIDS™





PEEL

Oranges are high in Vitamin C, an antioxidant that is necessary for a healthy immune system. They are also rich in beta-carotene, which gives them their bright color, and helps you maintain healthy eyes, skin, and hair. So peel a California orange and enjoy!

BITE

Radishes are rich in Vitamin C, folic acid, and potassium. They are also high in fiber and low in calories. So bite into a California radish and enjoy!





LOVE

Strawberries are rich in Vitamin C. They are a good source of potassium, folate, and fiber. Naturally low in sugar, a one-cup serving of strawberries has only 45 calories. So love some California strawberries today!

PICK

One medium tomato contains 40 percent of the recommended daily allowance of Vitamin C and 20 percent of Vitamin A, as well as other nutrients, including niacin and folate. So pick a California tomato and enjoy it today!



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