

This Week's Featured Food:

Kiwi Berries



Did you Know?

- Kiwi Berries are mini kiwis but they don't have the fuzzy skin, so the entire Kiwi Berry is edible!
- They grow during the months of September and October .
- They have been around for a long time, but have only recently become popular due to their small size.
- Kiwi Berries have even more Vitamin C than an orange! Vitamin C can help your body defend against illness like the common cold and the flu.



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"This institution is an equal opportunity provider."

