

## **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.

