

### “You’ve Got Kale”

Did you know that you can find kale in all Prince William County School cafeterias as a salad, or as a green smoothie in the middle and high schools? Not only does our kale come from local Virginia farmers, it is also packed with nutrients like vitamin K, vitamin A, vitamin C, and fiber!

Vitamins are important nutrients that your body needs for growth and normal functioning. Vitamin A is used to maintain healthy vision, teeth, and bones. Vitamin C is used by your body to grow and repair tissues. It also helps your body absorb iron and heal wounds. Vitamin K is used for blood clotting, which is important for many other functions in the body. Lastly, fiber is not a vitamin, but it is a nutrient found in plants. Fiber helps food move through your body. Most Americans don’t eat the daily recommended amount of fiber even though it is so important to have!

Now that you know more about the health benefits of eating kale, all you have to do is decide which toppings you would like to add to your make your own (MYO) kale salad!

