

## Office of Education Jim Vidak, County Superintendent of Schools Protein

Tulare County



## Proteins are nutrients found in both plants and animals











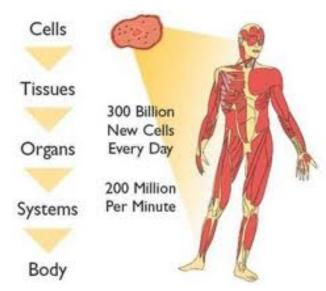






## Proteins build and fix the cells that make up the body.







For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit www.CaChampionsForChange.net for healthy tips.