



Vitamin A



- ★ Needed for healthy growth
- ★ Helps you see in the dark
- ★ Helps keep your skin healthy
- ★ Helps you fight sickness



Fruits and vegetables that contain vitamin A:



Bell peppers/chili peppers



Broccoli



Cantaloupe



Carrots



Green onions



Mango



Papaya



Lettuce



Tomato



Watermelon

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.