



Vitamin C



- ★ Helps you fight sickness
- ★ Helps keep your blood strong
- ★ Helps hold your bones together
- ★ Helps keep your teeth and gums healthy



Fruits and vegetables that contain vitamin C:



Bell peppers



Broccoli



Cantaloupe



Lemons



Limes



Mango



Oranges



Papaya



Potatoes



Strawberries



Sweet potatoes



Tomato

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.