

FRESH PICKS[®]



Kids need 1-1½ servings of fruit and veggies everyday!

May: Zucchini



Did You Know?

Zucchini are full of good stuff like vitamins C & B6 and potassium.

You can eat every part of the zucchini from the skin to the seeds and even flowers from the plant!

Zucchini is an Italian word that means “small squash”.

Green fruits and vegetables like zucchini help keep your bones and teeth healthy and strong.

