

Participants Guide

The Food Color Wheel

Each color group of fruits and vegetables tends to have different nutrients vital for good health.

Try to balance your fresh produce consumption among the different colors to obtain all necessary nutrients. For example:

- Red—beets, bell peppers (red), strawberries, tomatoes, watermelon
- Orange/Yellow—acorn squash, butternut squash, cantaloupe, carrots, golden beets, pumpkins, summer squash
- Green—basil, beet greens, bell peppers (green), cucumbers, green beans, honeydew melon, kale, okra, spinach, chard, zucchini
- Blue/Purple—blue potatoes, blueberries, eggplant

Use this strategy when shopping at the market. Happy shopping!

“Fruits and vegetables contain essential vitamins, minerals, and fiber that may help protect you from chronic diseases.”

— Centers for Disease Control and Prevention



Eat a variety of fruits and vegetables, like www.EatingWell.com suggests.

Contact Farm Fresh For Kids

E-mail: info@farmfreshforkids.org

Website: www.farmfreshforkids.org

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Directions to the Village Shopping Center Market

From the south,

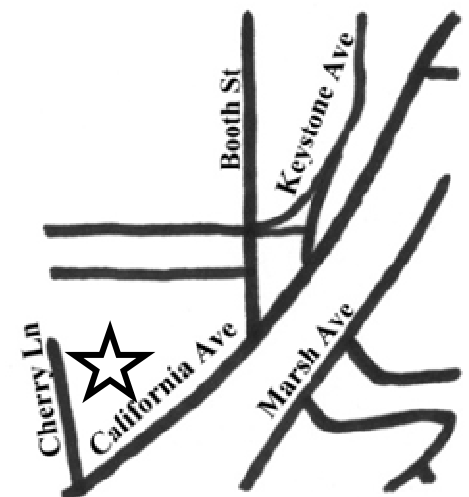
1. Drive north on Virginia St
2. Turn left onto California Ave
3. Market is on the right in Village Shopping Center parking lot, after you pass Booth St

From the north,

1. Drive west on 4th St
2. Turn left onto Keystone Ave
3. Continue until reaching California Ave
4. Market is on the right in Village Shopping Center parking lot, after you pass Booth St

OR, take Bus Route #16 until the California Avenue / Cherry Lane stop.

Use your coupons at the booths of Workman Farms, Pioneer Farms, Salisha's Delicious, or Lattin Farms.



Guía de Participantes

La Rueda de Color para Comida

Cada grupo de colores de frutas y verduras tiende a tener varios nutrientes vitales para la buena salud.

Trate de equilibrar su consumo de productos frescos entre los grupos de colores diferentes para obtener todos los nutrientes necesarios. Por ejemplo:

- Rojo—remolacha, pimientos rojos, fresas, tomates, sandía
- Naranja/Amarillo—bellota calabaza, calabaza, melón, zanahorias, remolacha de oro, calabaza de verano
- Verde—albahaca, hojas de remolacha, pimientos verdes, pepinos, judías verdes, col rizada, okra, acelga, calabacín, melón
- Azul/Morado—papas azules, berenjena, arándanos

Use esta estrategia cuando comprar en el mercado. Feliz de las compras!

“Las frutas y verduras contienen vitaminas esenciales, minerales, y la fibra que pueden ayudarle a protegerse de las enfermedades crónicas”

— Centers for Disease Control and Prevention



Come una variedad de frutas y verduras, como sugiere www.EatingWell.com.

Contacto a Farm Fresh For Kids

E-mail: info@farmfreshforkids.org
Sitio web: www.farmfreshforkids.org

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Indicaciones al Village Shopping Center Market

Desde el Sur,

1. Vaya al norte en Virginia Street.
2. Doble a la izquierda en California Ave .
3. Mercado está en la derecha en el estacionamiento de Village Shopping Center, después de Booth St.

Desde el Norte,

1. Vaya al oeste en 4th St.
2. Doble a la izquierda en Keystone Ave.
3. Siga derecho hasta California Ave.
4. Mercado está en la derecha en el estacionamiento de Village Shopping Center, después de Booth St.

O, tome autobús #16 hasta California Avenue / Cherry Lane.

Use sus cupones en una barraca de Workman Farms, Pioneer Farms, Salisha's Delicious, o Lattin Farms.

