**Jicama** is a root vegetable like a potato. This has a lot of fiber that keeps your digestive system working well.

I help you digest food because I am full of fiber!

**Video:** Are tomatoes a fruit or vegetable?

Red peppers have almost 3X the vitamin C than oranges!

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### Fresh Fruit & Vegetable Program

**December 2021**

**Click the video titles for a direct link!**

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<td>Grape Tomatoes</td>
<td>1 Red Grapes</td>
<td>2 Grape Tomatoes</td>
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<td>7 Jicama Sticks</td>
<td>8 Strawberries</td>
<td>9 Celery Sticks &amp; Baby Carrot</td>
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<td>14 Cantaloupe &amp; Red Grapes</td>
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**Jicama Sticks**

**Grape Tomatoes**

**Tuesday**

1. Red Grapes

**Wednesday**

2. Grape Tomatoes

**Thursday**

1. Red Grapes

**Tuesday**

7. Jicama Sticks

**Wednesday**

8. Strawberries

**Thursday**

9. Celery Sticks & Baby Carrot

**Tuesday**

14. Cantaloupe & Red Grapes

**Wednesday**

15. Red Pepper Slices

**Thursday**

16. Pineapple Chunks

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Red peppers have almost 3X the vitamin C than oranges!
These fruits and vegetables are great sources of vitamin A which keeps your eyes strong so you can see well.

We have lots of vitamin C which helps your body fight colds and the flu!

These fruits and vegetables are great sources of vitamin A which keeps your eyes strong so you can see well.

We have antioxidants which help your body prevent harmful diseases.

Strawberries are the only fruit that grows seeds on the outside!

Why aren’t grapes ever lonely? Because they come in bunches!

Scan here to connect to the e-calendar with live video links!

Did you know that I am actually a berry?

What Vegetable might you find in your basement? A Cellar-y!

Video: How do pineapples grow?

Video: Color-changing celery experiment!

Video: Why is it important to eat a variety of colors?