

FARM FRESH FOODS

go, grow, glow

“Go” foods fuel your body with energy!

Includes foods made with grains or starches, like bread, pasta, rice, potatoes and oats.

“Grow” foods help build muscle!

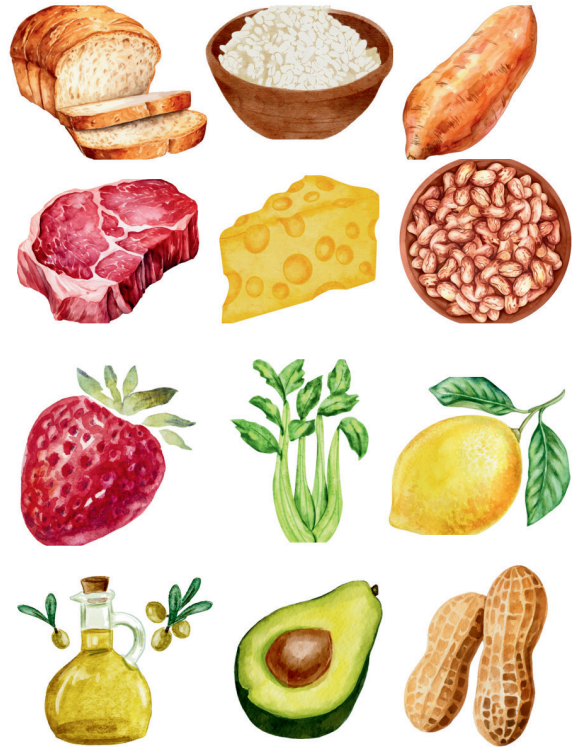
Includes foods that are high in protein, like meat, dairy, beans, lentils and nuts.

“Glow” foods provide vitamins and minerals!

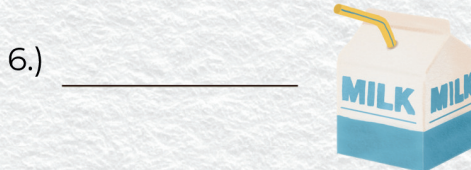
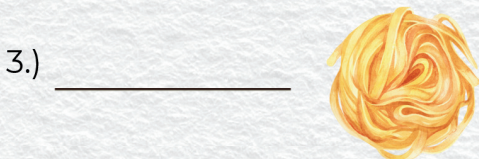
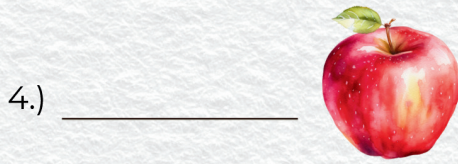
Includes fruits and veggies. The top crops (most grown and sold) in Ventura County are strawberries, lemons, celery, raspberries and avocados.

“Healthy Fats” help us absorb nutrients and grow new cells!

Includes foods like olive oil, avocado oil, nuts, seeds and fatty fish.



Label each food below as GO, GROW, GLOW or FAT!



Try it Out!
This month, challenge yourself to prepare a healthy meal with your friends or family, using farm fresh ingredients. Do your best to include all of these food groups: **Go, Grow, Glow and Healthy Fats!**

