

Enjoy a Rainbow of Healthy Fruits and Vegetables During

Fruit and Veggie Fest 2015

Join the Imperial County Public Health Department and Kennedy's Karne for Fruit and Veggie Fest - a celebration of healthy living!

- **Tour** and learn how to choose the best foods for your family in every aisle
- **Taste and Sample** nutritious and delicious recipes
- Learn how to apply for CalFresh

Thursday, May 28, 2015
Kennedy's Karne
1239 Adams Ave.
El Centro, CA 92243
3:30 p.m. and 6:00 p.m.



Pick up these fresh, in-season fruits and vegetables during your next shopping trip to Kennedy's Karne.

- Peas
- Papayas
- Melons
- Strawberries
- Mangos
- Lettuce
- Cherries
- Peaches
- Summer Squash
- Asparagus



CHAMPIONS
for CHANGE™

Visit www.CaChampionsForChange.net for tips and recipes!



This material was produced by the California Department of Public Health's Nutrition Education and Obesity Prevention Branch with funding from USDA SNAP-Ed, known in California as CalFresh. These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious food for better health. For CalFresh information, call 1-877-847-3663. For important nutrition information, visit www.CaChampionsForChange.net.