



# DECEMBER 2019

# FRESH FRUITS & VEGETABLE

Monday Lunes	Tuesday Martes	Wednesday Miercoles	Thursday Jueves	Friday Viernes
2 	3 <b>Pineapple</b>	4 <b>Baby Carrots</b>	5 <b>Mango</b>	6 <b>Bananas</b>
6	10 <b>Persimmons</b>	11 <b>Grapes</b>	12 <b>Cantaloupe</b>	13 <b>Cucumber</b>
16	17 <b>Apple - Green</b>	18 <b>HOTM</b> <b>Yam Sticks</b>	19 <b>Pears</b>	20 <b>Jicama</b>
23	24	25	26	27
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For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP-Ed, an equal opportunity provider and employer. Visit [www.CaChampionsForChange.net](http://www.CaChampionsForChange.net) for healthy tips. •California Department of Public Health

