

# what's fresh

**JANUARY**



## **SWEET POTATO**

- Root vegetable with brown skin and orange, white, or purple flesh
- Source of vitamin A that helps eyes and skin stay healthy
- High in fiber, which helps your digestive system
- Grown in Virginia from May to October

## **BATATA O CAMOTE**

- Tubérculo de piel color marrón con pulpa de color naranja, blanca o púrpura
- Fuente de vitamina A que ayuda a mantener los ojos y la piel saludables
- Alto contenido de fibra que ayuda al sistema digestivo
- Cultivado en Virginia de mayo a octubre

The FCPS FRESH Program (Fauquier Reaches for Excellence in School Health) has partnered with the FCPS Department of School Nutrition to bring menu items featuring fresh produce to the cafeterias! Each month, we will highlight seasonal produce on the menu, share fun facts about their nutritional value. FRESH is a program made possible with funding from the PATH Foundation.