

SAISD CHILD NUTRITION SERVICES  
FRESH FRUIT & VEGETABLE PROGRAM

# BLUEBERRIES



Blueberries are one of the most versatile foods on the planet. They are like nature's candy. Blueberries are classified as "superfoods". They pack a lot of nutritional power into a tiny package. They are sweet and juicy, with a burst of flavor in every bite. They are rich in antioxidants, which can prevent cell damage and may reduce the risk of certain diseases. The antioxidants help improve our memory and help keep our hearts healthy. They are good on their own, in muffins, or even pancakes.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER