

# what's fresh

DECEMBER



Parsley  
Perejil



Dill  
Eneldo



Basil  
Albahaca



Cilantro  
Cilantro

## HERBS (PARSLEY, DILL, BASIL, CILANTRO)

### ADD FLAVOR TO OTHER FOODS

- **PARSLEY** contains vitamin K that helps your bones and blood
- **DILL** has potassium that helps your heart and muscles
- **BASIL** supplies vitamin A that keeps your eyes and skin healthy
- **CILANTRO** contains folate, a vitamin that keeps your body's cells healthy

## HIERBAS (PEREJIL, ENELDO, ALBAHACA Y CILANTRO)

### AÑADE SABOR A OTRAS COMIDAS

- **PEREJIL** contiene vitamina K que ayuda a los huesos y a la sangre
- **ENELDO** contiene potasio que ayuda a mantener el corazón y los huesos fuertes
- **ALBAHACA** suministro de vitamina A que mantiene los ojos y piel saludables
- **CILANTRO** contiene folato, una vitamina que ayuda a mantener las células del cuerpo saludables

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.