

# FRESH PICKS®



January: Pear

Kids need 1-1½ servings of fruit and veggies everyday!



## Did You Know?

Pears are a member of the rose family.

There are more than 3,000 varieties of pears grown in the world. In the US the Bartlett pear is the most popular variety.

Pears contain a good amount of vitamins A, K, C, B2, B3, B6 and minerals calcium, magnesium, potassium, copper so eating them is great for your immune system.