WASHINGTON GROWN

HARVEST OF THE MONTH

Pears

FRESH · DELICIOUS · LOCAL

HEAL IS A COLLABORATION BETWEEN SEATTLE PUBLIC SCHOOLS NUTRITION SERVICES, HEALTH EDUCATION, PHYSICAL EDUCATION AND RISK MANAGEMENT DEPARTMENTS.

HEALTHY EATING · HEAL · ACTIVE LIVING

EAT LOCAL › PLAY › READ › LEARN GROW!

Wenatchee and Yakima are the primary growing areas for pears in Washington State.

HEALTH FACT: A medium sized pear packs 6 grams of fiber, which equals about 1/4 of your daily value for fiber!

Did you know?

Oregon and Washington produce 84% of the nation's fresh pear crop.