



# SAISD CNS Powerful Produce of the Week

## CELERY

### FUN FACTS!

Celery was used as a bouquet of flowers in Ancient Greece to reward winners of athletic games.

April is National Fresh Celery Month!

### POWER UP!

Athletes benefit from the power of celery! Celery is high in electrolytes.

**Electrolytes** keep you hydrated, ensure a healthy blood pressure, repair tissue damage, and keep your muscles healthy and strong.

### TRY THEM ALL!



Nutrition Education presented by your District Dietitian, Alyssa K Garza, RDN

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