



SAISD CNS Powerful Produce of the Week

CUCUMBERS

FUN FACTS!

Cucumbers have been used as medicine for years. It treats many skin conditions and can soothe a sunburn.

The smell of cucumber steam has a calming effect and may reduce anxiety.

POWER UP!

Cucumbers are a refreshing treat. Along with a high **water** content, they contain compounds that prevent your body from losing water, and keep your skin bright & healthy.

TRY THEM ALL!



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

This institution is an equal opportunity provider.