



SAISD CNS Powerful Produce of the Week

PEARS

FUN FACT!

In Asia, the pear was once a symbol of immortality; the destruction of a pear tree was the sign of a tragic death.

The Bartlett pear is the most popular pear in America.

POWER UP!

Pears contain a lot of flavonoids! **Flavonoids** are plant chemicals which may protect you from diseases because they fight inflammation in the body.

TRY THEM ALL!



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

This institution is an equal opportunity provider.