CARROTS AND OUR HEALTH

» A cup of sliced carrots is about the same as one medium carrot or four baby carrots. This is about one cupped handful.
» A cup of carrots (fresh or cooked) provides more than 200% of the recommended Daily Value for vitamin A.
» Vitamin A is important because it helps keep your vision good and your skin healthy. It also helps your body fight infections.
» Frozen, canned, and cooked carrots are just as nutritious as fresh.

WHEN IS CARROTS IN SEASON?
On Martha’s Vineyard, carrots are in season starting in late June, and are available through December.

HEALTH TIP
Include at least 4 different colors in each of your meals. This will give you a variety of nutrients to nourish your body, boost your immunity, and fight disease.

Health tip provided by Vineyard Nutrition

HEALTHY SERVING IDEAS

» Carrots can be eaten whole, sliced into sticks, cut into rounds, chopped, shredded, and cooked.
» Add shredded carrots to salads and soups for a crunchy, sweet flavor.
» Have your child think of other ways to include carrots in family meals.
» Ask your child to tell you why eating fruits and vegetables is important.

SHOPPER’S TIPS

» Carrots are always in season. You can find them fresh, frozen, or canned.
» Look for smooth, firm, and well-shaped carrots with an even color.
» Avoid carrots that feel soft, limp, or wilted.
» Refrigerate carrots in a plastic bag for up to two weeks.
» Look for low-sodium varieties of frozen or canned carrots.

for more info visit islandgrownschools.org/harvestofthemonth

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For SNAP information, call 1-866-950-3663.