



SAISD CNS Powerful Produce of the Week **BROCCOLI**

FUN FACTS!

Cooking broccoli in a small amount of water helps to prevent the nutrients from leaking out.

If the smell of cooking broccoli bothers you, toss a few thick chunks of bread into the water.

POWER UP!

Broccoli provides an excellent source of vitamin K. Without vitamin K, our cuts or wounds would never stop bleeding. **Vitamin K** also keeps our bones healthy and strong.

TRY THEM ALL!



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

This institution is an equal opportunity provider.