

Fresh From GEORGIA'S FIELDS TO OUR SCHOOL!

Blueberries

Here's a blue print for better health. Blueberries! They're a nutritious powerhouse packed with good stuff like fiber, vitamin C, vitamin K and manganese. And they're loaded with something called antioxidants, a real superhero in benefitting your health. Blueberries may improve motor skills, help maintain brain function and even boost your memory, which is a cool thumbs-up for your school work. It's plain to see that blueberries work hard to keep you healthy! Load 'em up in your cereal, yogurt, oatmeal and power shakes.



**GEORGIA
GROWN**