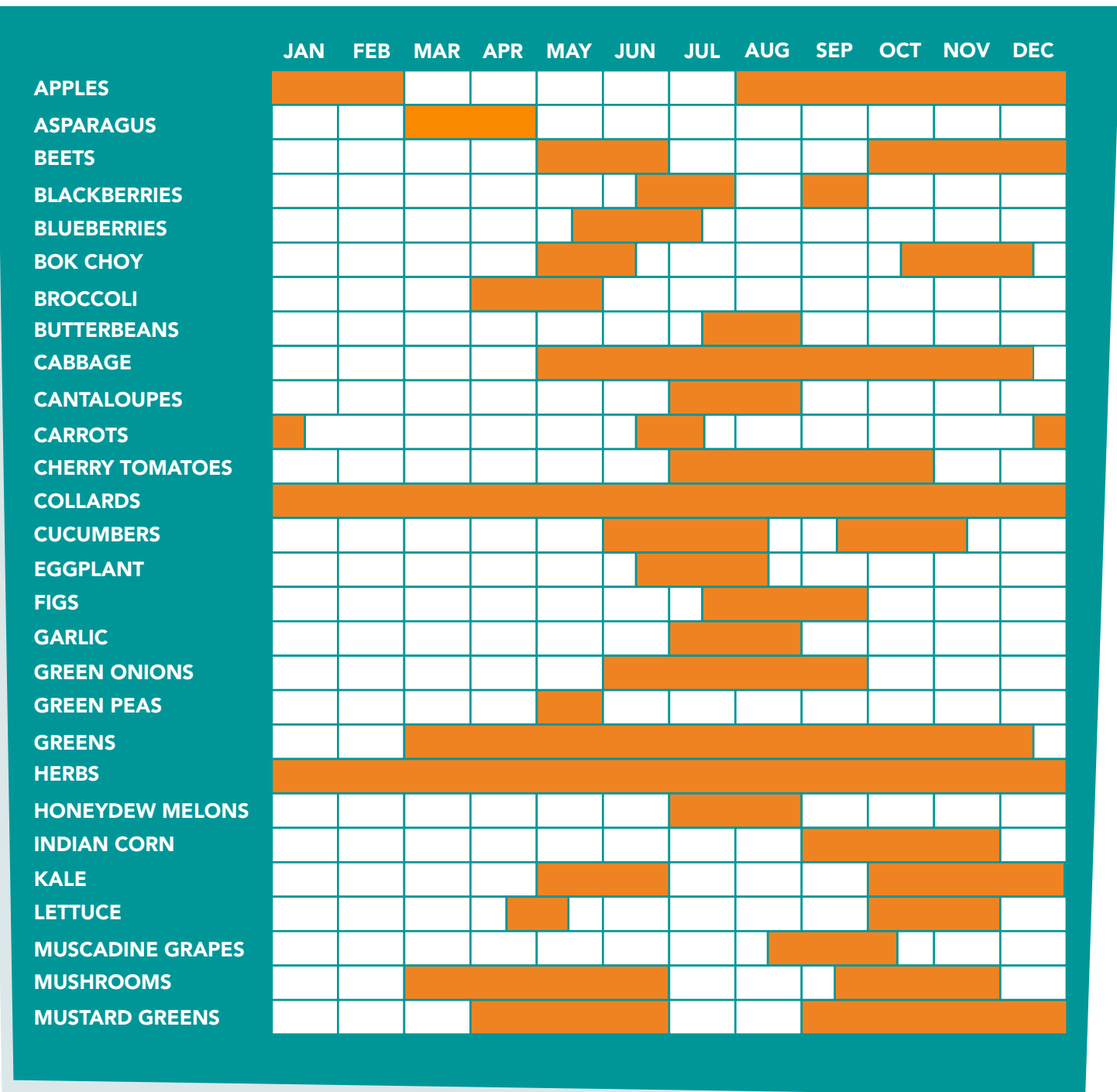




# WHAT'S IN SEASON?

## NORTH CAROLINA FRUIT AND VEGETABLE AVAILABILITY

You can use this guide to choose the freshest, best tasting produce available!



[CarolinasHealthCare.org/HealthyTogether](https://CarolinasHealthCare.org/HealthyTogether)

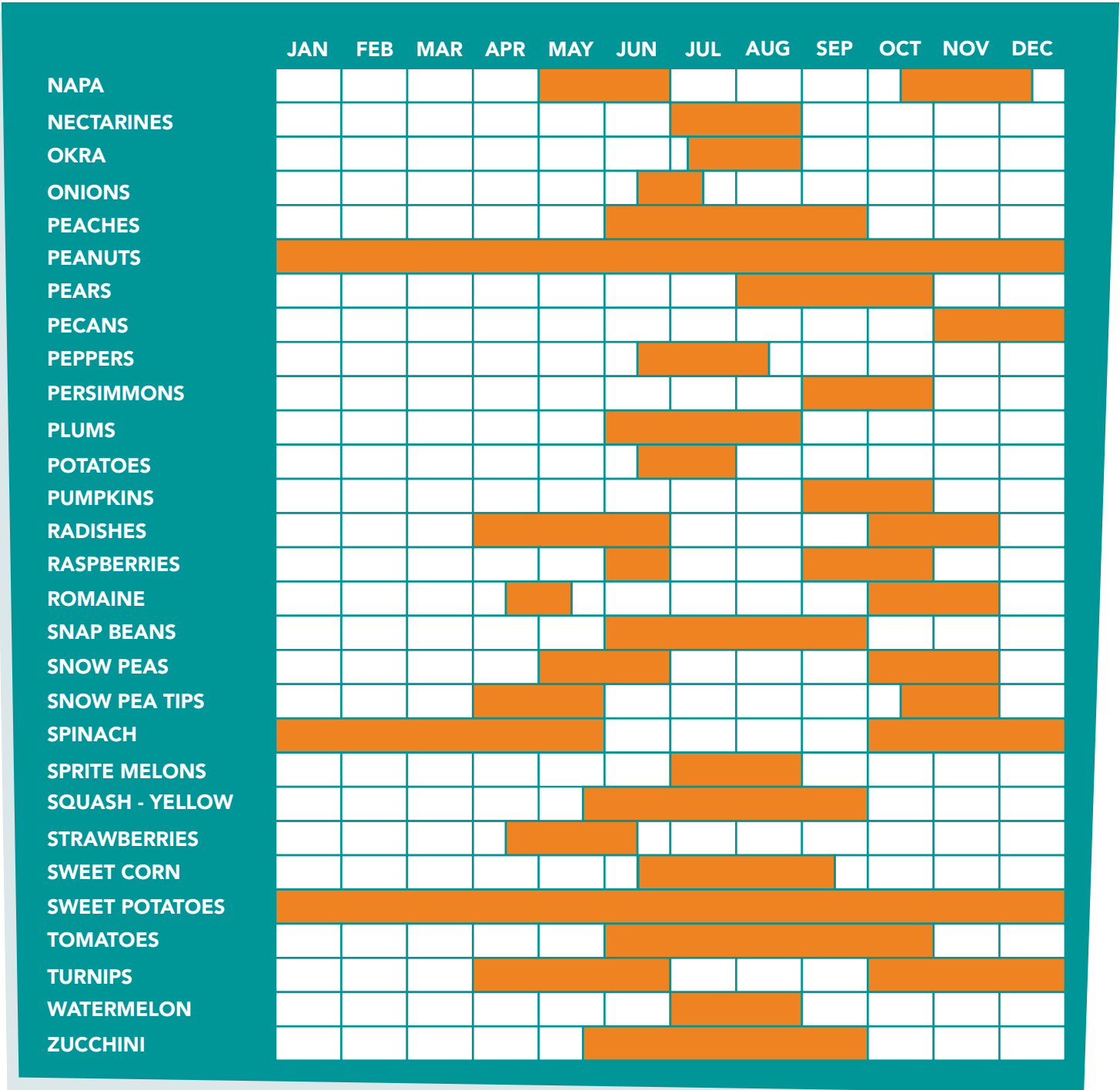
*This information is intended as general wellness guidelines for most children ages 2 and up. If you have any questions, or need specific recommendations for your child, talk to your child's pediatrician.*



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