

**GET
FRESH**
PRODUCE

Fresh Is Everything

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Carrots

- We are loaded with Vitamin A, Vitamin C, Vitamin K, and Iron.
- We help your blood move throughout your body so you feel more energized and happy.
- We are rich in beta-carotene which helps your body grow!



Did you know?

That carrots range in colors from white, yellow, red and orange!



Carrots help strengthen your immune system and your heart.