

# Dr. Richter's Fresh Produce Guide Book

Are your participants seeking information to learn more about fresh fruits and vegetables?

Dr. Richter's Fresh Produce Guide will help you:

- Learn more about fresh produce
- Counsel WIC participants on eating more fruit and vegetables
- Develop education classes

You will find:

- In-depth information on favorite produce varieties, as well as everything you need to know to try a few less familiar ones
- Tips for selection, storage and preparation of fresh produce
- Health benefits of each variety
- Beautiful photos for over 300 varieties of fruit and vegetables
- Quick and easy recipes for tempting the taste buds

