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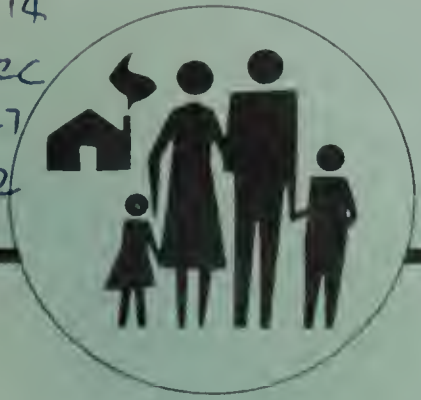
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VEGETABLES and FRUITS FOR VITAMIN A

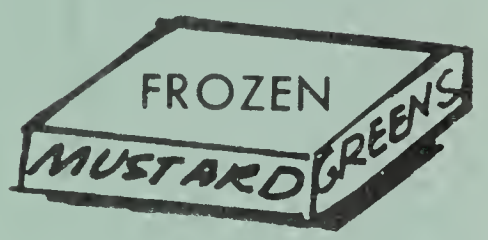
a good choice for the thrifty family

CIRCULATING COPY

These Vitamin A
Foods are almost
always Good Buys



Fresh Collards,
Kale, Turnip
and other greens



DARK GREENS



Carrots



Sweetpotatoes



DEEP YELLOWS

EAT ONE OR MORE VITAMIN A FOODS EVERY OTHER DAY

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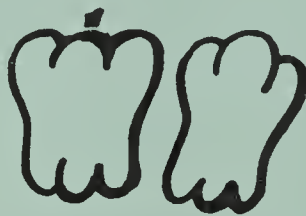


Some Vitamin A foods are Good Buys at certain times of the year

Buy These Foods
When They are
Low in Cost



Cantaloup



Red Peppers



Hubbard and
Butternut Squash




FRESH

Broccoli

ISSUED SEPTEMBER 1966

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