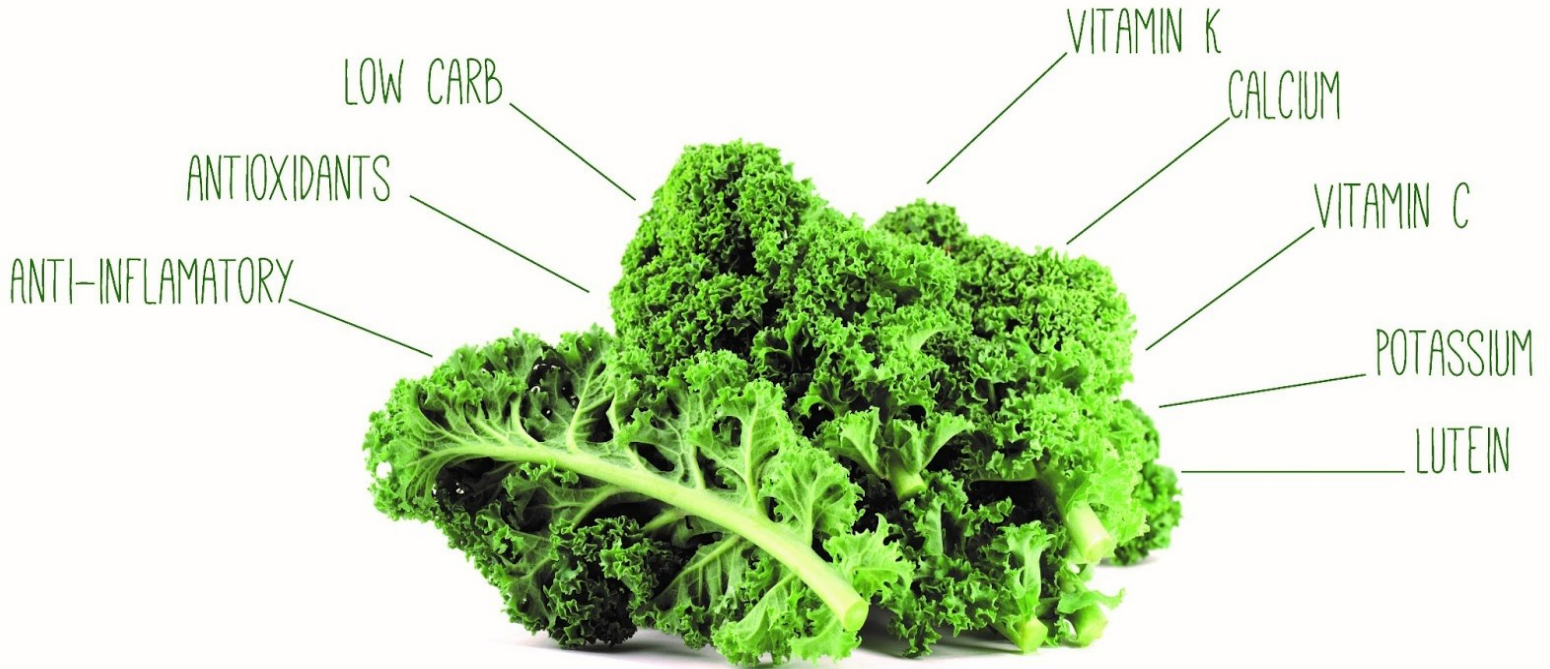




# BENEFITS OF KALE



## National Kale Day

### It's a Kaleabration!

Come learn about the nutritional and environmental benefits of kale.

Make free kale smoothies using a blender powered by pedaling a bike!

PER CALORIE KALE HAS

MORE IRON THAN BEEF

MORE CALCIUM THAN MILK

10% MORE VITAMIN C THAN SPINACH

Wednesday,

October 4

11-2 pm

Small Fountain