

Bashful Beets

Beets are a root vegetable packed with nutrients to help keep your body healthy, especially your stomach and brain! Beets come in different colors, most commonly red, purple, and gold. Bella the Beet is looking for her friends in the forest below. Can you help her find all 5 of her friends?



Bella



Social Media Spotlight

Draw your own picture of Bella and her friends and share your art with us @carolinahungerinitiative on Facebook and Instagram and @carolina_hunger on Twitter using #NCHarvestOfTheMonth