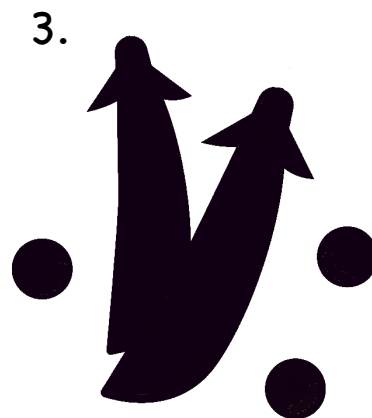
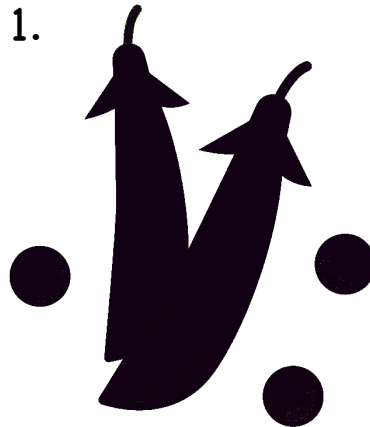


## Like Peas in a Pod

Peas are full of healthy nutrients that help your eyes see, bones grow, and skin heal cuts and scrapes. They grow in pods with many peas to each pod like the picture below. Can you match the pod to its shadow? Only one of the shadows is right!



### Social Media Spotlight

What's your favorite way to eat peas? Share with us @carolinahungerinitiative on Facebook and Instagram and @carolina\_hunger on Twitter using #NCHarvestOfTheMonth