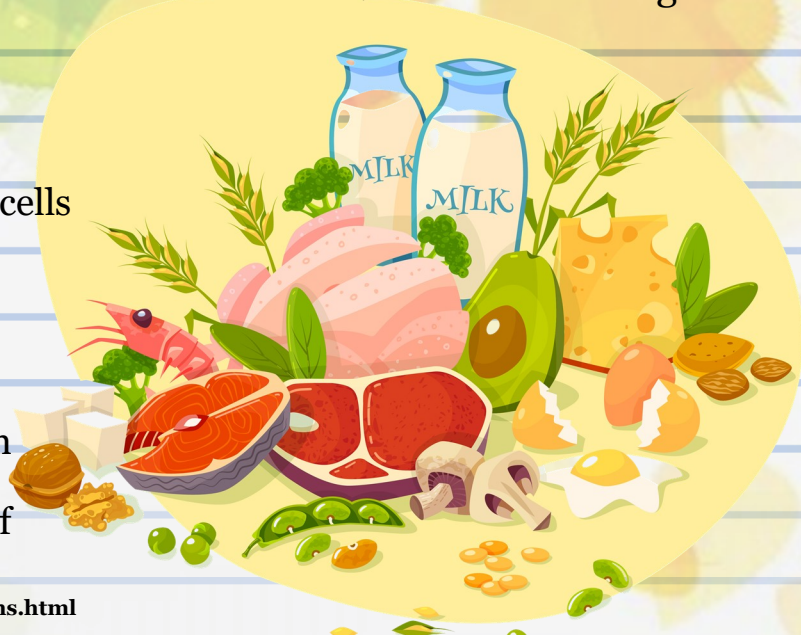


PROTEIN PACKS A PUNCH!

Protein is an essential nutrient for the body to perform daily tasks. As a building block for muscles, tissues and cells, protein impacts all major systems in the body. Protein's numerous health benefits including:

- ⇒ Improved muscular health
- ⇒ Stronger immune system
- ⇒ Improved nervous system
- ⇒ Fluid equilibrium in blood vessels, muscles and nerve cells
- ⇒ Increased energy levels
- ⇒ Improved hair care
- ⇒ Balanced hormones
- ⇒ Molecular transportation
- ⇒ Improved skin care
- ⇒ Cell and tissue regeneration
- ⇒ Improved bone health
- ⇒ Digestion and absorption of enzymes and amino acids



Source: <https://www.organicfacts.net/proteins.html>

GEORGIA'S PROTEIN POWER

While lean meats are a good source of protein there are lots of produce options that also support local agriculture.

Georgia grows broccoli, peanuts, pecans, lima beans, field peas and pumpkins (whose seeds are rich in protein) to name a few.

WORD SEARCH

GEORGIA
MUSCLE
NOVEMBER

PECAN
PROTEIN
PUMPKIN

H	M	T	T	E	V	E	N	F	W	T	A	E	S	F
Z	L	O	Y	B	R	R	J	T	X	J	N	U	O	N
X	M	D	C	N	S	R	G	P	E	S	V	F	D	P
N	D	V	Y	O	I	D	L	X	U	D	K	B	Z	D
A	A	N	O	V	E	M	B	E	R	M	Q	J	C	C
X	M	C	I	Z	U	I	K	F	T	L	P	D	S	G
I	V	B	E	O	U	N	G	C	A	S	A	K	B	F
P	G	M	M	P	N	E	X	A	R	B	E	S	I	I
R	T	D	T	N	O	P	T	B	S	E	U	P	E	N
O	S	R	X	R	S	X	Z	S	M	J	O	X	B	H
T	Y	T	G	B	C	E	L	C	S	U	M	O	H	N
E	O	I	S	E	Z	H	Q	L	L	D	N	X	A	A
I	A	H	K	H	E	F	R	J	H	Z	H	B	E	Z
N	S	A	P	R	X	U	J	O	A	H	O	C	G	F
F	Z	C	I	E	Q	W	C	A	A	H	P	O	O	N

Jeff Davis County
School Nutrition Program
For more information please
contact us or visit our website:
www.jdsnpcafes.us

Building Healthy Children
Ready To Learn

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