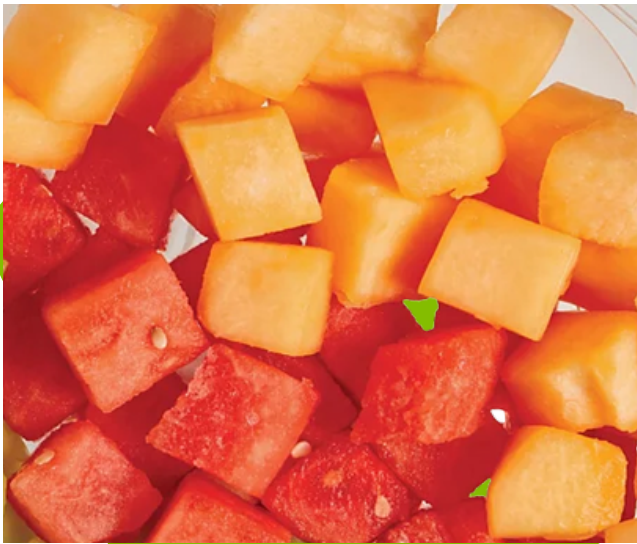


## CANTALOUPE & WATERMELON CHUNK

3 oz preportioned serving



### FOOD FACTS

- Cantaloupes are mostly water (90%) and packed with antioxidants and electrolytes. These minerals balance the fluids in your body and keep it working well! That helps you stay hydrated and full of energy.
- Watermelon, just like the tomato, is an excellent source of the antioxidant Lycopene, which is good for your cells.

| Nutrition Facts                                                                                                                                                                  |                 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| Portion Size                                                                                                                                                                     | 85 g            |
| <hr/>                                                                                                                                                                            |                 |
| Amount Per Portion                                                                                                                                                               |                 |
| <b>Calories</b>                                                                                                                                                                  | <b>37</b>       |
| <hr/>                                                                                                                                                                            |                 |
|                                                                                                                                                                                  | % Daily Value * |
| <b>Total Fat</b> 0g                                                                                                                                                              | 0 %             |
| <b>Total Carbohydrate</b> 8.5g                                                                                                                                                   | 3 %             |
| Dietary Fiber 0.6g                                                                                                                                                               | 2 %             |
| Sugar 7.3g                                                                                                                                                                       |                 |
| <b>Protein</b> 0.6g                                                                                                                                                              | 1 %             |
| <hr/>                                                                                                                                                                            |                 |
| Vitamin D mcg                                                                                                                                                                    | N/A             |
| Calcium 0mg                                                                                                                                                                      | 0 %             |
| Iron 0mg                                                                                                                                                                         | 0 %             |
| Potassium mg                                                                                                                                                                     | N/A             |
| <hr/>                                                                                                                                                                            |                 |
| <small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.</small> |                 |

### TRY IT!

Can you practice counting with the pieces in your snack pack?!

How many did you find?

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## CANARY MELON CHUNKS

2 oz preportioned serving



### FOOD FACTS

- Canary melons are highly favored for their juicy, sweet flesh. They are a type of winter melon, meaning their hard rind allows the melon to have a long post-vine shelf-life, allowing them to be stored for extended periods.
- Canary melons are an excellent source of fiber to regulate the digestive tract and the antioxidant Vitamin C to strengthen the immune system.

### Nutrition Facts

Serving Size 1/2 cup, chunks (69 g)

#### Amount Per Serving

Calories 23      Calories from Fat 1

% Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat

Cholesterol 0mg      0%

Sodium 11mg      0%

Total Carbohydrate 6g      2%

Dietary Fiber 1g      2%

Sugars 5g

Protein 1g

Vitamin A 47% • Vitamin C 42%

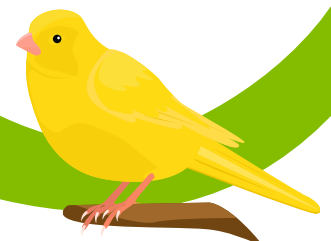
Calcium 1% • Iron 1%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

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### DID YOU KNOW?

- Canary melons are named after the canary bird, as the rind matches the bird's signature, bright yellow coloring.



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## PINK PINEAPPLE CHUNKS

2 oz preportioned serving

### Nutrition Facts

Serving Size Pineapple Spear 85g (85 g)  
Servings per container 1

#### Amount Per Serving

Calories 31      Calories from Fat 0

#### % Daily Value\*

Total Fat 0g      0%

Saturated Fat 0g      0%

Trans Fat 0g

Cholesterol 0mg      0%

Sodium 0mg      0%

Total Carbohydrate 8g      3%

Dietary Fiber 1g      3%

Sugars 3g

Protein 0g

Vitamin A      0% • Vitamin C      49%

Calcium      0% • Iron      0%

\*Percent Daily Values are based on a 2,000 calorie diet.  
Your daily values may be higher or lower depending on  
your calorie needs.

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### FOOD FACTS

- In addition to Vitamin C, pineapples are a great source of Vitamins A, B6, E and K.
- This delicious tropical fruit got its name from European explorers who thought that they looked like pine cones.
- Hawaii produces almost half of the world's pineapples!

### DID YOU KNOW?

**It can take 3 years for a pineapple to grow.**

How old were you 3 years ago?

How old will you be in 3 years?

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## BLUEBERRIES

2 oz preportioned serving



### FOOD FACTS

- Blueberries are full of essential nutrients, including Vitamin C and the mineral manganese, which helps the body process cholesterol and nutrients like carbohydrates and protein. Loaded with Vitamin K, a key nutrient in maintaining healthy bones and blood.
- Blueberries ranked number one in antioxidant health benefits in a comparison with more than 40 fresh fruits and vegetables.
- People have been eating blueberries for more than 13,000 years. That's about 1,000 years before the advent of agriculture!

| Nutrition Facts         |           |
|-------------------------|-----------|
| Portion Size            | 57 g      |
| Amount Per Portion      |           |
| <b>Calories</b>         | <b>32</b> |
| % Daily Value *         |           |
| Total Fat 0.2g          | 0 %       |
| Sodium 0.6mg            | 0 %       |
| Total Carbohydrate 8.2g | 3 %       |
| Dietary Fiber 1.4g      | 5 %       |
| Sugar 5.7g              |           |
| Protein 0.4g            | 1 %       |
| Vitamin D 0mcg          | 0 %       |
| Calcium 3.4mg           | 0 %       |
| Iron 0.2mg              | 1 %       |
| Potassium 44mg          | 1 %       |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

### DID YOU KNOW?

Blueberries are the only fruit (or vegetable) that is naturally blue!

What things around you can you find that are BLUE?

# FRESHHEALTH.

## ORANGE PEPPER STRIPS

2 oz preportioned serving



### FOOD FACTS

- Bell peppers, like most other peppers, are native to Central and South America.
- Bell peppers are a great source of Vitamin C!
- Bell peppers grow in a variety of colors such as green, red, yellow, orange, purple, white, brown and even multicolored!

| Nutrition Facts         |           |
|-------------------------|-----------|
| Portion Size            | 57 g      |
| Amount Per Portion      |           |
| <b>Calories</b>         | <b>15</b> |
| % Daily Value *         |           |
| Total Fat 0g            | 0 %       |
| Total Carbohydrate 3.5g | 1 %       |
| Dietary Fiber 0.7g      | 2 %       |
| Sugar 0.3g              |           |
| Protein 0.5g            | 1 %       |
| Vitamin D mcg           | N/A       |
| Calcium 5.1mg           | 0 %       |
| Iron 0.2mg              | 1 %       |
| Potassium mg            | N/A       |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

### DID YOU KNOW?

Peppers are actually **fruits** because they are produced from a flowering plant and contain seeds! Most people think of them as vegetables.

## MINI SWEET PEPPERS

3 oz preportioned serving



### FOOD FACTS

- Bell peppers, like most other peppers, are native to Central and South America.
- Bell peppers are a great source of Vitamin C. Red bell peppers having the most Vitamin C!
- Bell peppers grow in a variety of colors such as green, red, yellow, orange, purple, white, brown and even multicolored!

| Nutrition Facts       |           |
|-----------------------|-----------|
| Portion Size          | 85 g      |
| Amount Per Portion    | <b>25</b> |
| <b>Calories</b>       |           |
| % Daily Value *       |           |
| Total Fat 0g          | 0 %       |
| Total Carbohydrate 5g | 2 %       |
| Dietary Fiber 1g      | 4 %       |
| Sugar 3g              |           |
| Protein 1g            | 2 %       |
| Vitamin D mcg         | N/A       |
| Calcium 0mg           | 0 %       |
| Iron 0.4mg            | 2 %       |
| Potassium 180mg       | 4 %       |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

### TRY IT!

These peppers come in a variety of colors.

Can you name all the **colors** you see?

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## WHITE ASPARAGUS SPEARS

2 oz preportioned serving



### FOOD FACTS

- White asparagus and green asparagus are the same plant. Green asparagus gets its color from sunlight. For white asparagus, sunlight is prevented from touching the plant by piling dirt on top of the stalks!
- Asparagus is high in anti-inflammatory nutrients and provides a wide variety of antioxidant nutrients, including Vitamin C, beta-carotene and Vitamin E.
- It takes about three years from seed to get your first harvest from a garden asparagus plant. Asparagus is a perennial flowering plant that can live and produce a crop for up to 15 years.

| Nutrition Facts         |            |
|-------------------------|------------|
| Portion Size            | 57 g       |
| Amount Per Portion      |            |
| <b>Calories</b>         | <b>11</b>  |
| % Daily Value *         |            |
| Total Fat 0g            | 0 %        |
| Sodium 259mg            | 11 %       |
| Total Carbohydrate 1.7g | 1 %        |
| Dietary Fiber 0.6g      | 2 %        |
| Sugar 0.6g              |            |
| <b>Protein 0.6g</b>     | <b>1 %</b> |
| Vitamin D mcg           | N/A        |
| Calcium 11mg            | 1 %        |
| Iron 0.7mg              | 4 %        |
| Potassium mg            | N/A        |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

### DID YOU KNOW?

If you watch closely, you can actually see asparagus grow! During warm summer weather asparagus can grow up to 7 inches in a single day.

**Can you count to 7?**

**What is 7+7?**

**Can you try 7x7?**

## BABY CARROTS & SUGAR SNAP PEAS

2 oz preportioned serving



### FOOD FACTS

- Sugar snap peas are a healthy source of complex carbohydrates, offering both fiber and protein. They are a nutritious, low-calorie source of vitamins and minerals like Vitamin C, iron and potassium.
- Carrots are a great source of Vitamin A. One medium carrot provides more than 200% of your daily requirement!

| Nutrition Facts         |            |
|-------------------------|------------|
| Portion Size            | 57 g       |
| Amount Per Portion      | <b>20</b>  |
| <b>Calories</b>         |            |
| % Daily Value *         |            |
| Total Fat 0g            | 0 %        |
| Sodium 27mg             | 1 %        |
| Total Carbohydrate 4.7g | 2 %        |
| Dietary Fiber 1.4g      | 5 %        |
| Sugar 2.7g              |            |
| <b>Protein 0.7g</b>     | <b>1 %</b> |
| Vitamin D mcg           | N/A        |
| Calcium 27mg            | 2 %        |
| Iron 0.7mg              | 4 %        |
| Potassium mg            | N/A        |

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

### TRY IT!

Can you guess how many inches each of your carrots are?

How many centimeters are each of your snap peas?

**How many inches are in a foot? How many centimeters are in a meter?**

