

ZUCCHINI SQUASH & GRAPE TOMATO



2 oz preportioned serving

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	23
Calories	
% Daily Value *	
Total Fat 1.7g	2 %
Total Carbohydrate 2g	1 %
Dietary Fiber 0.7g	2 %
Sugar 0g	
Protein 1.3g	3 %
Vitamin D mcg	N/A
Calcium 14mg	1 %
Iron 0.5mg	3 %
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.	

FOOD FACTS

- Most of the Vitamin A in grape tomatoes comes from lycopene, which is the pigment in the tiny tomato responsible for its bright red color.
- Zucchini is proven to improve digestion, blood sugar levels, eye health, heart health, thyroid and adrenal functions, and inflammation!

TRY IT!

You have two types of circles in your snack packet.

What is the difference between them?

One is a sphere and one is a coin!

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APPLES & GRAPES

3 oz preportioned serving



FOOD FACTS

- Apples and grapes together make a great combo that is high in potassium.
- Grapes are actually considered berries because the seeds do not have a seed coat.
- Apples and grapes each have the most variety of any other type of fruit.

Nutrition Facts

Serving Size Apple/Grape 85g (85 g)
Servings per container 1

Amount Per Serving

Calories 42 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 11g 4%

Dietary Fiber 1g 4%

Sugars 9g

Protein 0g

Vitamin A 0% • Vitamin C 8%

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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TRY IT!

Can you use your grapes and apples to make a smiley face?



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RED & WHITE GRAPES

2 oz preportioned serving



FOOD FACTS

- The United States is the largest consumer of grapes, eating over half a million tons annually. That's a lot of grapes!
- Grapes are high in Vitamin K which helps the blood to heal wounds and builds healthy bones.
- Did you know that jelly is made from fruit juice and jams are made from the whole crushed fruit?

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	
Calories	37
% Daily Value *	
Total Fat 0.4g	1 %
Total Carbohydrate 9.9g	4 %
Dietary Fiber 0.4g	1 %
Sugar 9.5g	
Protein 0.4g	1 %
Vitamin D mcg	N/A
Calcium 7.9mg	1 %
Iron 0.2mg	1 %
Potassium mg	N/A

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TRY IT!

There are more than 8,000 varieties of grapes that can be found throughout the world—white, red, black, blue, green, purple and golden.

Can you find something around you that's each of these colors?

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FRUIT CUP

3 oz preportioned serving



Nutrition Facts

Serving Size Fruit Cup C,H,G 85g (85 g)
Servings per container 1

Amount Per Serving

Calories 29 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 7g 2%

Dietary Fiber 1g 2%

Sugars 6g

Protein 0g

Vitamin A 15% • Vitamin C 23%

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

- Cantaloupe are very high in beta-carotene, which gives the fruit its beautiful orange coloring.
- Honeydew is the sweetest of all the melon varieties.
- Grapes are high in Vitamin K which helps the blood to heal wounds and builds healthy bones.

What Colors do you see?

Try naming all the colors you see in this fruit pack!

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HONEYDEW & PINEAPPLE CHUNKS

3 oz preportioned serving



FOOD FACTS

- Honeydew melon contains several nutrients that are vital for repairing and maintaining strong bones, including folate, Vitamin K and magnesium. Its high content of Vitamin C supports your immune system and healthy skin.
- Pineapples are a great source of Vitamins A, B6, E and K and an abundance of Vitamin C.

Nutrition Facts	
Portion Size	85 g
<hr/>	
Amount Per Portion	
Calories	37
<hr/>	
	% Daily Value *
Total Fat 0g	0 %
Total Carbohydrate 8.5g	3 %
Dietary Fiber 0.6g	2 %
Sugar 7.3g	
Protein 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>	

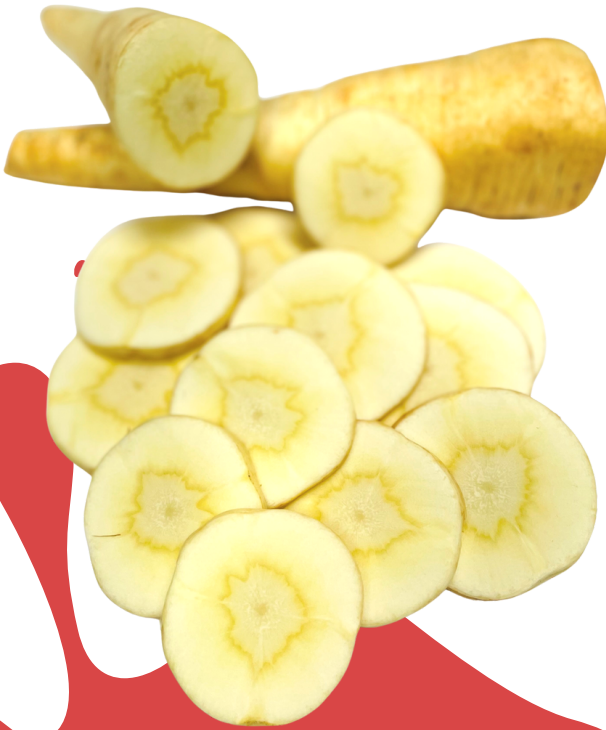
TRY IT!

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

How many did you find?

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PARSNIP COINS



2 oz preportioned serving

FOOD FACTS

- Parsnips are a root vegetable and belong to the carrot family. The edible part is the white, creamy-colored taproot - known as the white carrot.
- Parsnip is rich source of dietary fibers, vitamin C, B1, B6, B9, K and E and minerals such as potassium, iron, calcium and copper.

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	43
Calories	
% Daily Value *	
Total Fat 0.2g	0 %
Sodium 5.7mg	0 %
Total Carbohydrate 10g	4 %
Dietary Fiber 2.8g	10 %
Sugar 2.7g	
Protein 0.7g	1 %
Vitamin D 0mcg	0 %
Calcium 20mg	2 %
Iron 0.3mg	2 %
Potassium 213mg	5 %

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DID YOU KNOW?

In Europe, parsnips were commonly used to sweeten foods before sugar cane was introduced and readily available.

Do you think this would make a good tasting cake?

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ASPARAGUS SPEARS

2 oz preportioned serving



FOOD FACTS

- Asparagus is high in anti-inflammatory nutrients and provides a wide variety of antioxidant nutrients, including Vitamin C, beta-carotene, Vitamin E, and the minerals zinc, manganese, and selenium.
- 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.
- White asparagus and green asparagus come from 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!

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	
Calories	11
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 1.1mg	0 %
Total Carbohydrate 2.2g	1 %
Dietary Fiber 1.2g	4 %
Sugar 1.1g	
Protein 1.3g	3 %
Vitamin D 0mcg	0 %
Calcium 14mg	1 %
Iron 1.2mg	7 %
Potassium 115mg	2 %

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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?

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CARROT & CELERY STICKS

2.5 oz preportioned serving



FOOD FACTS

- Celery is rich in Vitamins A, C, and K and a great source of potassium and folate that are good for growing bodies!
- Carrots are a great source of Vitamin A, providing more than 200% of your daily requirement in one medium carrot.
- These make a great snack together and dipped in ranch, hummus or peanut butter makes it a super snack!

Nutrition Facts	
Portion Size	71 g
Amount Per Portion	65
Calories	
% Daily Value *	
Total Fat 5.2g	7 %
Saturated Fat 0.4g	2 %
Cholesterol 4.3mg	1 %
Sodium 130mg	6 %
Total Carbohydrate 3.9g	1 %
Dietary Fiber 1.3g	5 %
Sugar 2.6g	
Protein 0.4g	1 %
Vitamin D mcg	N/A
Calcium 26mg	2 %
Iron 0.3mg	2 %
Potassium mg	N/A

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TRY IT!

Can you guess how many inches each of your carrot and celery sticks are?

How many inches are in a foot?