

SWEETANGO APPLES



Sweetango apples are a hybrid variety developed from a cross between the Honeycrisp and Zestar apples, combining the best qualities of both varieties!

PRODUCE PARTICULARS

Sweetango apples are known for their unique combination of sweetness and tanginess, making them a favorite among apple enthusiasts.

Like all apples, Sweetango apples are a good source of dietary fiber and vitamin C, which are important for digestive health and immune function.

Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 50

% Daily Value *

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 3g	9%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.1mg	0%
Potassium 110mg	2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

FRESHEALTH

ORANGE BELL PEPPER STRIPS



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

PRODUCE PARTICULARS

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

1 serving per container
Serving size 100 g

Amount per serving
Calories 25

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 1g 3%

Total Sugars 0g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.5mg 2%

Potassium 210mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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CANTALOUPE & WATERMELON



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

How many did you find?

PRODUCE PARTICULARS

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

1 serving per container
Serving size 100 g

Amount per serving
Calories 30

% Daily Value *

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	10mg	0%
Total Carbohydrate	8g	3%
Dietary Fiber	1g	2%
Total Sugars	7g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	0.2mg	2%
Potassium	190mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

FRESHEALTH

RADISH COINS



The amount of radishes sold every year in the US is equal to the weight of 40 blue whales. Whoa!

PRODUCE PARTICULARS

Radishes have been eaten around the world for so long, there aren't any records to show where they truly originated.

Radishes are a good source of vitamin C and B9 and the greens on top are a great source of minerals like iron, potassium, and calcium.

Radishes can be green, white, yellow, pink, purple, red, and even black!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 15

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 40mg 2%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 6%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.3mg 2%

Potassium 230mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Radishes, Raw

FRESHEALTH

KIKU[®] APPLES



Discovered in 1990 by Italian fruit grower Luis Braun in Italy, the KIKU[®] apple originated from a single branch on an apple tree, which he cultivated to create the trademark variety.

PRODUCE PARTICULARS

KIKU[®] brand apples are very exotic, with super sweet taste, attractive striped ruby-red color, crunchy with firm flesh, and very juicy.

Like many apples, KIKU[®] apples are rich in vitamin C, which is essential for supporting immune health and overall well-being.

These apples can be enjoyed fresh as a snack, sliced in salads, or used in cooking and baking applications such as pies, crisps, and sauces.

FRESHEALTH

Nutrition Facts

1 serving per container
Serving size 2 oz (57g)

Amount per serving
Calories 30

% 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 5%

Total Sugars 6g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.1mg 0%

Potassium 60mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Apples, Raw, With Skin

RAINBOW BABY CARROTS



Rainbow baby carrots have a naturally sweet flavor that appeals to kids and adults alike, making them a tasty and healthy snack option.

PRODUCE PARTICULARS

Rainbow baby carrots come in a variety of vibrant colors, including purple, yellow, orange, and white. Each color offers its own unique flavor and nutritional benefits.



Despite their small size, rainbow baby carrots are packed with important nutrients like beta-carotene, which is good for your eyes, and vitamin C, which helps keep your immune system strong.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	35
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	10%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.9mg	4%
Potassium 240mg	6%
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

INGREDIENTS: Carrots, Baby, Raw

FRESHEALTH

STRAWBERRIES & PINEAPPLE



Strawberries are a member of the rose family. These sweet and juicy berries are botanical relatives of those beautiful garden flowers.

PRODUCE PARTICULARS

About eight medium strawberries can provide about 150% of the recommended daily value of Vitamin C.

Pineapples don't grow on trees. In fact, they're tropical plants that belong to the bromeliad family. These spiky-looking fruits actually grow close to the ground, forming in the center of a leafy plant.

Strawberries are grown in every state in the U.S. and in every Canadian province.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 40

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 10g 4%

Dietary Fiber 2g 6%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 2%

Iron 0.4mg 2%

Potassium 130mg 2%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Strawberries, Raw, Pineapple, Raw, All Varieties

FRESHEALTH

GOLDEN BEET COINS



Beets come in several colors—golden, white, purple, pink and even striped!

PRODUCE PARTICULARS

This root vegetable, which is harvested all summer through late fall, stores well and keeps for months.



In 1975, during the Apollo-Soyuz Test Project, astronauts from Apollo 18 were served beet soup on the space ship!



Beets are believed to originate along the coasts of the Mediterranean (sea beets) and were first cultivated for their edible leaves.



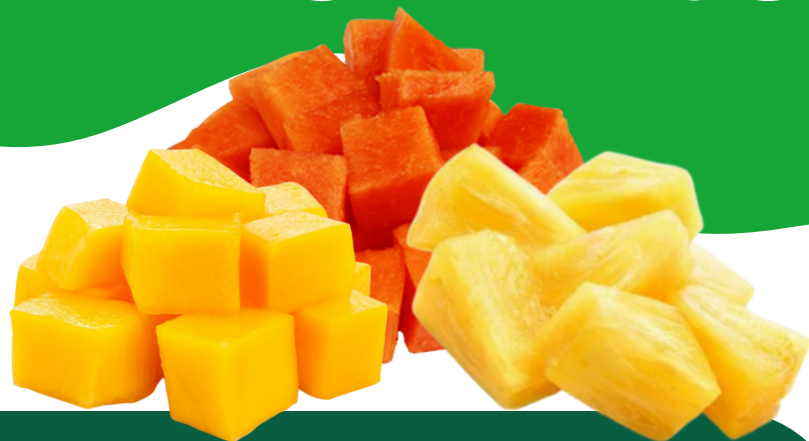
Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	45
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	10%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.8mg	4%
Potassium 320mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

INGREDIENTS: Beets, Golden

FRESHEALTH

PAPAYA, MANGO, PINEAPPLE BLEND



Papaya, mango, and pineapple have very different flavors. Can you describe the flavors of each fruit? How are they similar and how are they different?



PRODUCE PARTICULARS

The papaya is a tropical fruit high in vitamins C and A and lycopene which helps keep your heart healthy and strong.

Pineapples are high in vitamin C, which supports the immune system and provides antioxidant benefits.

Mangos contain over 20 different vitamins and minerals!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 45

% 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	3%
Total Sugars	8g	
Includes	0g Added Sugars	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.2mg	2%
Potassium	150mg	4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Papayas, Raw, Pineapple, Raw, Traditional Varieties

FRESHEALTH

YELLOW GRAPE TOMATOES



Yellow grape tomatoes are relatively easy to grow, making them a popular choice for home gardeners. Try growing some grape tomatoes this summer!

PRODUCE PARTICULARS

Yellow grape tomatoes are packed with nutrients such as vitamin C, vitamin A, and antioxidants, which are important for overall health and immune function.



Like all tomatoes, yellow grape tomatoes have a high water content, which helps keep you hydrated and contributes to overall hydration levels.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	15
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	2%
Potassium 260mg	6%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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