

KIWI SLICES



The kiwi fruit is named after a fuzzy bird called by the same name. Do you think the skin of a kiwi looks like a bird?

PRODUCE PARTICULARS

Kiwi have almost 2x the Vitamin C of oranges and are a source of Vitamins E and K.

Originally called a Chinese Gooseberry, this fruit was given its common name because they resemble the kiwi bird of New Zealand.

You can easily eat a kiwi by cutting it in half and using a spoon to scoop it out!
You can even eat the skin!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 60

% Daily Value *

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 15g 5%

Dietary Fiber 3g 11%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.3mg 2%

Potassium 310mg 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: Kiwifruit, Green, Raw

FRESHEALTH

GRAPE TOMATOES & SUGAR SNAP PEAS



The seeds inside the tomato and the peas inside the snap pea pod can be planted directly into soil and will grow a new plant?
Have you ever grown any food?

PRODUCE PARTICULARS

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. They keep your bones and teeth healthy and strong!

Most of the Vitamin A in grape tomatoes comes from lycopene, the pigment in the tiny tomato responsible for its bright red color.



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 0mg 0%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 7%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 1.2mg 6%

Potassium 220mg 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

MANGO & PAPAYA



Papayas and mangos both thrive in tropical climates - like Mexico and India. What other countries have tropical climates?

PRODUCE PARTICULARS

Mangoes can be many different sizes and colours, including yellow, orange, red and green.

Papaya is technically a berry! they are packed with fiber, copper, magnesium, potassium, and calcium - important nutrients that help keep you and your bones strong!



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 13g	5%
Dietary Fiber 2g	6%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	2%
Potassium 180mg	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: Mangos, Raw, Papayas, Raw

FRESHEALTH

GREEN BEANS



Green beans originated in the Andes Mountain Range thousands of years ago. The Andes are located in South America. Can you find South American on a map?

PRODUCE PARTICULARS

Green beans are sometimes called snap beans or string beans.

There are more than 130 varieties of green beans! Green beans grow in two main ways: bush and pole. Bushes grow 1-2 feet tall. Pole beans can climb to around 10 feet tall and have to have a pole or wire to grow upright.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 30

% Daily Value *

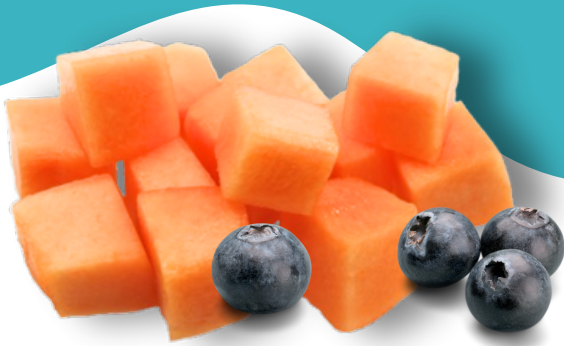
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	10%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1mg	6%
Potassium 210mg	4%

* 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

FRESHEALTH

CANTALOUPE & BLUEBERRY



This mix of fruits has orange and blue, 2 colors of the rainbow. Can you name the rest of the colors?

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!



Blueberries are the only foods that are naturally blue. The pigment that gives blueberries their distinctive color—called anthocyanin—is the same compound that provides the blueberry’s amazing health benefits.



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 10mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 6%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.2mg 2%

Potassium 170mg 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: Melons, Cantaloupe, Raw, Blueberries, Raw

FRESHEALTH

MINI SWEET PEPPERS



These peppers come in a variety of colors.

Can you name all the colors you see?

PRODUCE PARTICULARS

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

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 0mg	0%	
Total Carbohydrate 6g	2%	
Dietary Fiber 2g	8%	
Total Sugars 4g		
Includes 0g Added Sugars	0%	
Protein 1g		
Vitamin D 0mcg	0%	
Calcium 10mg	0%	
Iron 0.4mg	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

FRESHEALTH