

CANARY MELON



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

PRODUCE PARTICULARS

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

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 15mg 1%

Total Carbohydrate 8g 3%

Dietary Fiber 1g 4%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0.4mg 2%

Potassium 0mg 0%

* 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

CANDY CANE BEETS



These fun and funky beets may look like a candy cane, but they're actually called Chioggia. It's an Italian word, pronounced k-ee-OH-g-ee-aa.

PRODUCE PARTICULARS

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



Beets are a part of the *Chenopodiaceae* family, also known as the Goosefoot family. Other members of this botanical family include spinach, Swiss chard and quinoa!



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	7g	
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

FRESHEALTH

CANTALOUPE



Can you list the other types of melons?

Which one is your favorite type of melon?

PRODUCE PARTICULARS

Cantaloupe is high in beta-carotene, a natural pigment that gives both cantaloupe and carrots their orange color.



Cantaloupes are about 90% water and provide a delicious way to stay hydrated. They also provide potassium, an electrolyte that supports healthy hydration.



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 15mg	1%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	3%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 270mg	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: Melons, Cantaloupe, Raw

FRESHEALTH

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

CANTALOUPE, HONEYDEW, PINEAPPLE BLEND



Your baggie will have orange, green, and yellow fruits. Can you think of other fruits that are these 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!

In addition to Vitamin C, pineapples also contain Vitamins B6, E & K.

Honeydew melons contain Vitamins B6, E & K. Eating cantaloupe can help to keep you hydrated.



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 10mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 200mg	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, Honeydew, Raw, Melons, Cantaloupe, Raw, Pineapple, Raw, All Varieties

FRESHEALTH

CARA CARA ORANGES



Cara cara oranges were created from a mutation on a Washington navel orange tree, and has only been sold in the United States since the 1980s!

PRODUCE PARTICULARS

Cara cara oranges are an excellent source of Vitamin C, and also contain folate, fiber, and potassium!

They also contain lycopene, a powerful antioxidant that gives them a beautiful pinkish-red color on the inside!

These oranges are seedless, easy to peel, and typically sweeter than other citrus fruits!



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 12g	4%	
Dietary Fiber 2g	9%	
Total Sugars 9g		
Includes 0g Added Sugars	0%	
Protein 1g		
Vitamin D 0mcg	0%	
Calcium 40mg	4%	
Iron 0.1mg	0%	
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

FRESHEALTH

CARROT COINS



These are cut into circle, or coin shaped pieces. Can you name other money coins we use? Ex: A nickel

PRODUCE PARTICULARS

Carrots are an excellent source of Vitamin A, a nutrient that supports a healthy immune system.

The orange color results from abundant beta-carotene which is a strongly colored red-orange pigment found in some plants and fruits.

The average person consumes 10,866 pounds of carrots in their lifetime!



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 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	10%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	2%
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: Carrots, Raw

FRESHEALTH

CARROT & CELERY STICKS



Can you guess how many inches each of your carrot and celery sticks are?
How many inches are in a foot?

PRODUCE PARTICULARS

Celery is rich in Vitamins A, C, and K contain 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!



FRESHEALTH

Nutrition Facts

1 serving per container	
Serving size	100 g
<hr/>	
Amount per serving	
Calories	30
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.2mg	2%
Potassium 290mg	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

CARROT & PARSNIP COINS



These are cut into circle, or coin shaped pieces. Do you know the names of the money coins in the US and the amount of each one?
Ex: Penny = 1 cent

PRODUCE PARTICULARS

Carrots are a great source of Vitamin A, providing more than 200% of your daily requirement in one medium carrot.



Parsnips are an excellent source of vitamins C, B9 and K, and minerals such as potassium, iron, calcium and copper.



These make a great snack together and dipped in ranch, hummus or peanut butter makes it a super duper snack!



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	60
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 14g	5%
Dietary Fiber 4g	14%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	2%
Potassium 350mg	8%

* 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

CARROT & RADISH COINS



These are cut into circle, or coin shaped pieces. Do you know the names of the money coins in the US and the amount of each one?
Ex: Penny = 1 cent

PRODUCE PARTICULARS

Carrots and radishes are both root vegetables! Other root vegetables include: potatoes, beets, parsnips, rutabagas, turnips, and sweet potatoes.



Carrots are an excellent source of vitamin A and Radishes are a good source of vitamin C and B9. Both are high in potassium. Both veggies are a good source of Vitamin K, which helps your body heal when you get a cut or scrape!



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 55mg	2%	
Total Carbohydrate 6g	2%	
Dietary Fiber 2g	8%	
Total Sugars 3g		
Includes 0g Added Sugars	0%	
Protein 1g		
Vitamin D 0mcg	0%	
Calcium 30mg	2%	
Iron 0.3mg	2%	
Potassium 280mg	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

CAULIFLOWER



Cauliflower is well-named because it really is a flower. The part that we eat consists of a cluster of flower heads. If left alone, these would produce a cluster of tiny flowers.

PRODUCE PARTICULARS

Cauliflower comes in varying colors other than white such as green, purple and orange.

Cauliflower is related to broccoli, cabbage, kale, turnips, rutabagas and Brussels sprouts.

This vegetable is loaded with vitamins, primarily Vitamins C & K!



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 30mg 1%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.4mg 2%

Potassium 300mg 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: Cauliflower, Raw

FRESHEALTH

CAULIFLOWER & GRAPE TOMATOES!



Did you know that Ohio's official state drink is tomato juice? Ohio has taken the love for tomatoes to a whole new level!

PRODUCE PARTICULARS

Cauliflower comes in varying colors other than white such as green, purple and orange.



Grape tomatoes grow very quickly compared to other plants—75 days from seed to harvesting.



This vegetable is loaded with vitamins, primarily Vitamins C & K!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories **20**

% Daily Value *

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	20mg	1%
Total Carbohydrate	4g	2%
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	270mg	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: Cauliflower, Raw, Tomatoes, Red, Ripe, Raw, Year Round Average

FRESHEALTH

CELERY STICKS



The ancient Greeks used celery as flowers to reward winners of athletic games like the Olympics.

PRODUCE PARTICULARS

Celery is a source of several nutrients that support growing bodies, such as calcium, potassium, folate and vitamins A, C, and K.

Celery is a crunchy, low-calorie and convient on-the-go snack that also provides a source of hydration due to its high water content.

Celery has three varieties, leaf celery, celeriac and Pascal, which are all cultivated and eaten in the U.S.



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 80mg 3%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 6%

Total Sugars 1g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 0.2mg 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

INGREDIENTS: Celery, Raw

FRESHEALTH

CELERY STICKS & GRAPE TOMATOES



Tomatoes start out green when on the vine, then turn red when ripened. What other foods change colors as they grow and ripen?

PRODUCE PARTICULARS

Celery contains Vitamins A, C and K and a great source of potassium and folate that help support your growing body!



Grape tomatoes are low in calories but high in fiber, Vitamins A and C and carotenoid antioxidants such as lutein, lycopene and beta carotene.



Celery is a low-calorie vegetable with a high water content that contains a sizable dose of fiber along with some vitamins and minerals. It's a convenient on-the-go snack!



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 45mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	2%
Potassium 250mg	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: Celery, Raw, Tomatoes, Red, Ripe, Raw, Year Round Average

FRESHEALTH

CHAYOTE SQUASH



The word for chayote in Brazil is "chuchu," which is also an affectionate name for someone such as "cutie" or "sweetie."

PRODUCE PARTICULARS

Pronounced Ch-eye-oh-tay, this squash is native to Central America.

Chayote is excellent source of vitamin B9 and a good source of vitamin C.

Although we typically eat the fruit, chayote stems, shoots, leaves and tuber roots can be eaten, too. A versatile plant!



FRESHEALTH

Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 20

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
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 120mg	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: Chayote, Fruit, Raw

CHERRY TOMATOES



What shape is the food you are eating?
Can you name other foods that are the same shape?

PRODUCE PARTICULARS

Cherry tomatoes are a small variety of tomato that is named for its shape which resembles a cherry. Sometimes sold on the vine, the vegetable can be red, yellow, orange, green or almost black.



Cherry tomatoes are low in calories but high in fiber, vitamins A and C, and carotenoid antioxidants such as lutein, lycopene and beta carotene.



Eating these may protect or improve heart health, lower your risk of certain diseases and support healthy skin.



Nutrition Facts

1 serving per container		
Serving size	100 g	
Amount per serving		
Calories	20	
	% Daily Value *	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 5mg	0%	
Total Carbohydrate 4g	1%	
Dietary Fiber 1g	4%	
Total Sugars 3g		
Includes 0g Added Sugars	0%	
Protein 1g		
Vitamin D 0mcg	0%	
Calcium 10mg	0%	
Iron 0.3mg	2%	
Potassium 240mg	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

FRESHEALTH

CLEMENTINES



You can grow a clementine tree in your house! Clementine trees grown indoors can reach a maximum size between 5 and 6 feet.

PRODUCE PARTICULARS

Clementines are a hybrid of mandarin and sweet oranges.



These tiny fruits are bright orange, easy to peel, sweeter than most other citrus fruits, and typically seedless.



Clementines are also a good source of vitamin C, with one small fruit providing 40% of your daily needs.



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 12g 4%

Dietary Fiber 2g 6%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.1mg 0%

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: Clementines, Raw

FRESHEALTH

COLESLAW

GREEN AND PURPLE CABBAGE, CARROTS



Red cabbage contains powerful pigments called anthocyanins, which have been shown to reduce the risk of heart disease. Can you point to your heart? What sound does the heart make?

PRODUCE PARTICULARS

Cabbage comes in multiple colors like green and purple seen here and is high in dietary fiber, and is a good source of C and K

Carrots are a great source of Vitamin A, providing more than 200% of your daily requirement in one medium carrot.

Cole slaw got its name from the Dutch dish called kool sla which means cabbage (kool) salad (sla), and was traditionally served warm, not cold like coleslaw.



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 20mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	9%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.5mg	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: Cabbage, Raw, Cabbage, Red, Raw, Carrots, Raw

FRESHEALTH

CUCUMBER SLICES



It only takes 12 weeks from planting seed to harvesting cucumbers. How many months is 12 weeks?

PRODUCE PARTICULARS

Cucumbers are made up of 95% water! Snacking on cucumbers can also help you feel fuller while hydrating you.



Because they grow from a plant blossom (flower) and have seeds, they are technically a fruit. Cool!



Cucumbers are a source of potassium, a mineral that supports a healthy heart and muscles.



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 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	2%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	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: Cucumber, With Peel, Raw	

FRESHEALTH

CUCUMBER COINS & GRAPE TOMATOES



Tomatoes start out green when on the vine, then turn red when ripened. What other foods change colors as they grow and ripen?

PRODUCE PARTICULARS

Cucumbers are made up of 95% water!
Snacking on cucumbers can also help you feel fuller while hydrating you.



Grape tomatoes are low in calories but high in fiber, Vitamins A and C and carotenoid antioxidants such as lutein, lycopene and beta carotene.



Cucumbers are a source of potassium, a mineral that supports a healthy heart and muscles.



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 45mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	5%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	2%
Potassium 250mg	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: Celery, Raw, Tomatoes, Red, Ripe, Raw, Year Round Average

FRESHEALTH

DAIKON RADISH COINS



Radishes can be green, white, yellow, pink, purple, red and even black! What other foods come in different colors like this?

PRODUCE PARTICULARS

Daikon radish have a crunchy, snap-like texture and a mild, semi-sweet, and peppery, tangy flavor.

Daikon radish leaves are also edible and have a pungent, green, and grassy taste.

It is a member of the Brassicaceae family. The root is related to kale, broccoli, cauliflower, and horseradish, among others.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 20

% Daily Value *

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 20mg	1%
Total Carbohydrate 4g	1%
Dietary Fiber 2g	6%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.4mg	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

FRESHEALTH

DRAGON FRUIT



Dragon fruit is also known as "pitaya" or "strawberry pear" Do you think this looks like a strawberry or pear?

PRODUCE PARTICULARS

Dragon fruit is rich in protein, fiber, iron, and antioxidants. It is also packed with Vitamin C, which helps absorb iron and boost the immune system.

While it looks exotic, its flavor should be familiar. It's been described as a sweet blending of kiwi and pear or apple.

The dragon fruit is the tropical fruit of a cactus. It has its origins in Mexico, South America and Central America.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 60

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 2g 8%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.4mg 2%

Potassium 290mg 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

FRESHEALTH

EVERCRISP APPLES



This apple is among the sweetest apples out there!
This fruit is a go-to snack for those who have a sweet tooth.

PRODUCE PARTICULARS

The EverCrisp Apple is a durable apple that arrives late in the season and stores strongly - it maintains a unique sweetness and firmness!

It was created as a hybrid between Honeycrisp and Fuji apples by a Lynd Fruit Farm in Central Ohio.

The top 10 varieties produced in the US are: Red Delicious, Golden Delicious, Gala, Granny Smith, Fuji, Honeycrisp, McIntosh, Rome, Cripps Pink, and Empire.



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 2g 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

INGREDIENTS: Apples, Raw, With Skin

FRESHEALTH

FRUIT CUP



What Colors do you see?

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

PRODUCE PARTICULARS

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.



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	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	3%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	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: Melons, Cantaloupe, Raw, Melons, Honeydew, Raw, Grapes, Red Or Green (European Type, Such As Thompson Seedless), Raw

FRESHEALTH

GALA APPLES



The Royal Gala strain was named in honor of Queen Elizabeth II, who deemed it her favorite during a visit to New Zealand.

PRODUCE PARTICULARS

Gala apples are one of the most widely grown apples worldwide and are grown in both hemispheres, providing year-round production.

This crispy, juicy, very sweet apple is ideal for snacking

There are about 2,500 known varieties of apples grown in the United States and more than 7,500 are grown worldwide.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 60

% 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 2g	8%
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

INGREDIENTS: Apples, Raw, Gala, With Skin

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 320mq	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

GOLDEN KIWI SLICES



A kiwi is technically considered a berry. What other fruits can you name that are berries?

PRODUCE PARTICULARS

A gold kiwi has some distinctive differences from a traditional green kiwi. Initially you'll notice the difference in flesh color and amount of seeds. Also, a green kiwi has fuzzy brown skin and oval shape and the gold kiwi has smooth, hairless skin that's a nice golden-brown color and a rounder shape.

The taste of a golden kiwi is cross between a mango and a strawberry.

Kiwi have 2x the Vitamin C of oranges and are a rich source of Vitamin E and K. Compared to other fruits, kiwi have the greatest amount of vitamins & fiber per gram than any other fruit.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	60
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	6%
Dietary Fiber 1g	5%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	2%
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	

FRESHEALTH

GRANNY SMITH APPLES



Apples grow on trees and bloom in the spring. They are ready for harvest between August and October! Have you seen an apple tree in the fall?

PRODUCE PARTICULARS

Apples are high in both Vitamin C and Fiber.

Americans eat more apples per capita than any other fruit. The average American eats about 16 pounds of fresh apples and 28 pounds of processed apples like juice, cider, or sauce, for a total of about 44 pounds per person per year.

The top 10 varieties produced in the US are: Red Delicious, Golden Delicious, Gala, Granny Smith, Fuji, Honeycrisp, McIntosh, Rome, Cripps Pink, and Empire.



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	60
	% 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	10%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.2mg	0%
Potassium 120mg	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, Granny Smith, With Skin	



GRAPE TOMATOES



Did you know?

Beets have the highest sugar content of any vegetable.

PRODUCE PARTICULARS

Grape tomatoes grow much faster compared to other types of tomato plants: it only takes them 75 days to go from seed to harvest!

Grape tomatoes contain a great amount of Vitamin C and a good amount of Vitamin A.

Lycopene is a plant substance that may help protect our cells from damage, and it is 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	20
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 240mg	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	

FRESHEALTH

GRAPE TOMATO MEDLEY



Did you know?

Beets have the highest sugar content of any vegetable.

PRODUCE PARTICULARS

Grape tomatoes often grow in large bunches of around 20 fruits!

Grape tomatoes contain a great amount of Vitamin C and a good amount of Vitamin A.

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.



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	20
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 240mg	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	

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

GRAPEFRUIT WEDGES



Grapefruit can come in red, white, yellow and pink! Can you find something around you that is each of these colors?

PRODUCE PARTICULARS

Grapefruit provides carbohydrates, the preferred source of fuel for your muscles and brain. Plus, their aroma promotes an uplifting, energizing feeling!



These have a water content as high as a watermelon—up to 92%, so they keep you hydrated.



Grapefruit flavor can vary from tart and sour or mildly sweet to super sweet.



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 8g	3%	
Dietary Fiber 1g	4%	
Total Sugars 7g		
Includes 0g Added Sugars	0%	
Protein 1g		
Vitamin D 0mcg	0%	
Calcium 10mg	0%	
Iron 0.1mg	0%	
Potassium 140mg	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

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

GREEN BELL PEPPER STRIPS



Green bell peppers are the most popular type of pepper in the U.S. What another one of your favorite GREEN veggies?

PRODUCE PARTICULARS

Florida ranks second nationally in bell pepper production, accounting for most peppers eaten in the United States.



Green bell peppers are the same as the yellow, red and orange ones you see; they just haven't ripened all the way yet!



These peppers are low in calories and provide Vitamins B6 and C.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	20
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	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: Peppers, Sweet, Green, Raw

FRESHEALTH

HONEYDEW MELON CHUNKS



The Melon Family, Cucurbitaceae, is a plant family commonly known as melons, gourds or cucurbits Can you name foods that would fit in this family?

PRODUCE PARTICULARS

Honeydew melons are an excellent source of Vitamin C, an important nutrient for healthy skin and which supports wound healing.

Honeydew melon is about 90% water and contains electrolytes. This makes honeydew great for hydrating after a recess, when you feel sick, or if you're just trying to stay hydrated throughout your day.



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 20mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	3%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
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

FRESHEALTH

HONEYDEW & CANTALOUPE



What colors do you see in your snack pack? What other fruits are Orange or Green?

PRODUCE PARTICULARS

Honeydew melons contain Vitamins B6, E & K that are vital for repairing and maintaining strong bones. They also contain folate, potassium and magnesium.

Cantaloupe is high in beta-carotene, giving it a beautiful orange coloring. It's also a rich source of Vitamin C, A, and potassium, magnesium, Vitamin K, zinc and folate.

Both cantaloupe and honeydew melon are about 90% water and contain abundant electrolytes. This combination of water and nutrients makes these melons great for hydrating after a recess, when you feel sick or if you're just trying to stay hydrated throughout the day.



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 15mg	1%
Total Carbohydrate 9g	3%
Dietary Fiber 1g	3%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 250mg	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

HONEYDEW & PINEAPPLE



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

How many did you find?



PRODUCE PARTICULARS

Honeydew melons contain Vitamins B6, E & K that are vital for repairing and maintaining strong bones. They also contain folate, potassium, and magnesium.

In addition to Vitamin C, pineapples also contain Vitamins B6, E & K.



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 1g 4%

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: Pineapple, Raw, All Varieties, Melons, Honeydew, Raw

FRESHEALTH

JICAMA STICKS



Can you practice the pronunciation of this word?

Jicama: "hick-uh-ma"

PRODUCE PARTICULARS

Jicama is an excellent source of fiber, Vitamin C and is low in calories.



Jicama is native to Central and South America. Spanish traders introduced it to the Philippines and China in the 1800s.



Jicama is also called the Mexican potato, Mexican yam bean, or Chinese potato.



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 9g 3%

Dietary Fiber 5g 18%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.6mg 4%

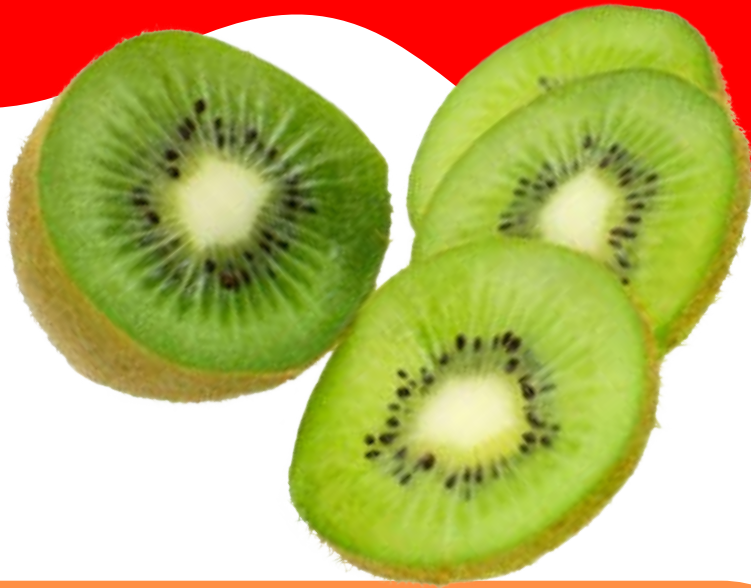
Potassium 150mg 4%

* 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 100g:
Fat 0g • Carbohydrate 4g • Protein 4g

FRESHEALTH

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

KIWI WEDGES



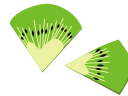
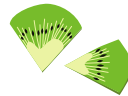
The kiwi fruit is named after a fuzzy bird called by the same name. Do you think the skin of a kiwi looks like a bird?

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

KOHLRABI



This hearty veggie is widely consumed in Europe and Asia and has gained popularity around the world!

PRODUCE PARTICULARS

Kohlrabi is a good source of nutrients, such as vitamin C and fiber.

Although it looks like a root veggie, they are actually a part of the Brassica family, like cabbage and broccoli.

Kohlrabi can be eaten raw in salads, or cooked in soups and stir-fries!



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 20mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 4g	13%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 350mg	8%

* 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: Kohlrabi, Raw

FRESHEALTH

KUMQUATS



Kumquat trees are popular as displays and gifts for the Chinese Lunar New Year — the plant symbolizes wealth and good luck.

PRODUCE PARTICULARS

Kumquats are a good source of Vitamins C & fiber.

Kumquats are native to South Asia and were introduced to America in the mid 1800s.

Kumquats' name derived from the Chinese word for golden orange.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 70

% Daily Value *

Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 7g	23%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.9mg	4%
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

MANGO CHUNKS



The mango is symbol of friendship all over the world. Who's a friend you'd like to share your mangos with?

PRODUCE PARTICULARS

These tropical fruits are related to cashews and pistachios.

Each day, more mangoes are eaten in the world than any other fruit!

Mango is low in calories yet high in nutrients – particularly Vitamin C, which aids immunity, iron absorption, and cell growth and repair.



Nutrition Facts

1 serving per container	
Serving size	100 g
<hr/>	
Amount per serving	
Calories	60
<hr/>	
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	6%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 1g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 170mg	4%
<hr/>	
* 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.	
<hr/>	
Calories per gram:	
Fat 0	Carbohydrate 4
Protein 4	

INGREDIENTS: Mangos, Raw

FRESHEALTH

MANGO SLICES



The mango is symbol of friendship all over the world. Who's a friend you'd like to share your mangos with?

PRODUCE PARTICULARS

These tropical fruits are related to cashews and pistachios.

Each day, more mangoes are eaten in the world than any other fruit!

Mango is low in calories yet high in nutrients – particularly Vitamin C, which aids immunity, iron absorption, and cell growth and repair.



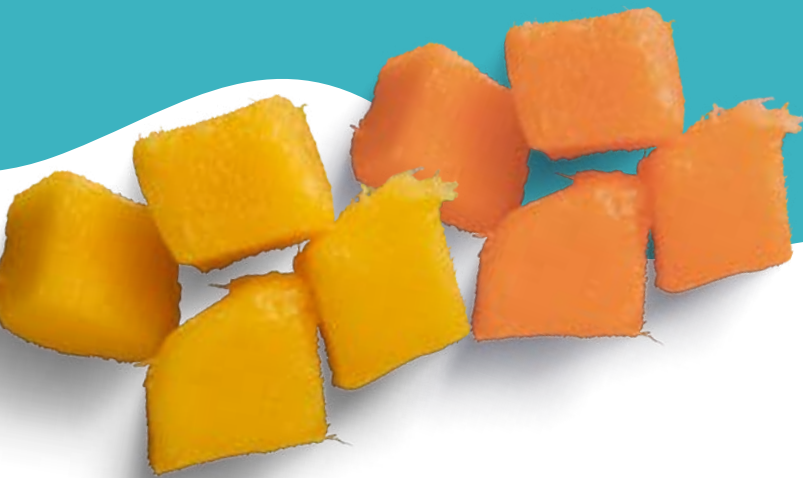
Nutrition Facts

1 serving per container	
Serving size	100 g
<hr/>	
Amount per serving	
Calories	60
<hr/>	
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	6%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 1g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 170mg	4%
<hr/>	
* 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>Calories per gram: Fat 9 Carbohydrate 4 Protein 4</small>	

INGREDIENTS: Mangos, Raw

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	

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

RED BEET COINS



Did you know?

Beets have the highest sugar content of any vegetable.

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!



Need a little energy? The nitrates in beets have been shown to help your blood carry more oxygen, which in turn helps the blood cells in your body perform at their best!



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 7g

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, Raw

FRESHEALTH

MINNEOLA



This fruit has the nickname "The Honeybell" because of its bell shape and sweet honey flavor.

PRODUCE PARTICULARS

The Minneola is a cross between a tangerine and a grapefruit. Making it the perfect combination of sweet and tangy!

It is named after Minneola, Florida, where the fruit originated and is abundantly grown.

Minneolas are an excellent source of fiber to stimulate the digestive tract and Vitamin C to strengthen the immune system.



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	12g	4%
Dietary Fiber	2g	8%
Total Sugars	9g	
Includes Added Sugars	0g	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	0.1mg	0%
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

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%

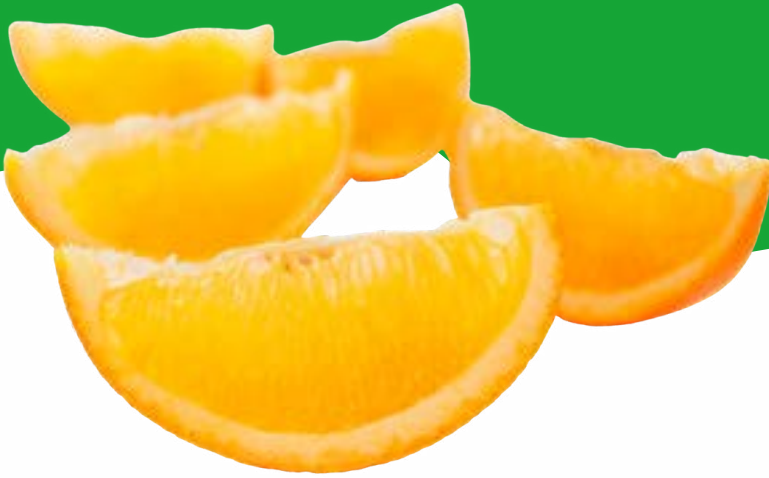
Potassium 210mg 4%

* 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

FRESHEALTH

ORANGE WEDGES



85% of all oranges produced are used for juice.
Do you like orange juice?

PRODUCE PARTICULARS

Oranges contain vitamin C, a nutrient which plays an important role in the immune system. They also offer fiber, which has been shown to help manage cholesterol and blood sugar.



There are 600 varieties of oranges in the world. The primary orange varieties in Florida are Navel, Hamlin, Pineapple, Ambersweet, and Valencia.



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 12g 4%

Dietary Fiber 2g 9%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 40mg 4%

Iron 0.1mg 0%

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: Oranges, Raw, Florida

FRESHEALTH

PAPAYA CHUNKS



The papaya was introduced to Hawaii in the early 1800s. Today, Hawaii is the only U.S. state that grows papayas commercially. Can you find Hawaii on a map?

PRODUCE PARTICULARS

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

One of the most popular tropical fruits worldwide, papaya is ranked fourth in total tropical fruit production after bananas, oranges, and mango.

Papayas are believed to aid in better digestion, offer immune system support and better heart health. Papaya is also believed to prevent cancer because of its powerful antioxidants.



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 8g		
Includes 0g Added Sugars	0%	
Protein 0g		
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

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%

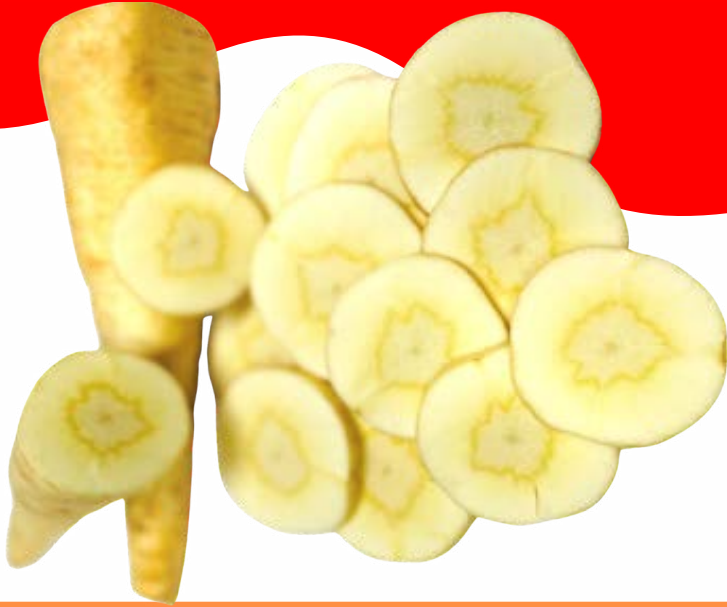
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

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

FRESHEALTH

PARSNIP COINS



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?

PRODUCE PARTICULARS

Parsnips are a root vegetable and belong to the carrot family. The edible part is the white creamy colored root.

Parsnips are a root vegetable and belong to the carrot family. The edible part is the white creamy colored root.

Parsnips are an excellent source of vitamins C, B9 and K and minerals such as potassium, iron, calcium and copper.



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	80
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 15g	7%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.6mg	4%
Potassium 380mg	8%

* 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: Parsnips, Raw

PEAR SLICES



They were given the nickname “butter fruit” in the 1700s because of their soft, buttery texture. What types of food do you put actual butter on?

PRODUCE PARTICULARS

There are more than 3,000 types of pears throughout the world. They can range from Anjou to Williams. Each type varies by size, shape, sweetness and crispness.

China is the largest producer of pears in the world followed by Europe, with the United States coming in as the third largest producer.

Pears are a good source of fiber and Vitamin C, plus they provide carbohydrates to fuel our muscles and brain.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	60
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	6%
Dietary Fiber 3g	11%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 120mg	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

PINEAPPLE CHUNKS



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?

PRODUCE PARTICULARS

In addition to Vitamin C, pineapples also contain Vitamins B6, E & K.

This delicious tropical fruit got its name from European explorers that thought that they looked like pine cones, which is why we call them pine apples still today.

Hawaii grows virtually all of the pineapples in the US!



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 1g	5%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 0.3mg	2%
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	
INGREDIENTS: Pineapple, Raw, All Varieties	

PINK PINEAPPLE CHUNKS



There are lots of pink fruits and a handful of pink vegetables. Can you name some of them?

PRODUCE PARTICULARS

Like other red or pink-fleshed fruits, the coloration comes from lycopene. This is the same pigment found in tomatoes, red peppers, and watermelon.

These pretty pink creations taste different than regular pineapples. They're less sour than what you might be used to, as well as juicier and sweeter.



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 1g	5%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 0.3mg	2%
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

INGREDIENTS: Pineapple, Raw, All Varieties

FRESHEALTH

PINEAPPLE SPEARS



1900s, people started to bring pineapples to the homes of friends and family as a sign of friendship, love and hospitality. Who is a friend you'd like to share your pineapples with?

PRODUCE PARTICULARS

In addition to Vitamin C, pineapples also contain Vitamins B6, E & K.

This delicious tropical fruit got its name from European explorers that thought that they looked like pine cones, which is why we call them pine apples still today.

Hawaii grows virtually all of the pineapples in the US!



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 1g 5%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 2%

Iron 0.3mg 2%

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

INGREDIENTS: Pineapple, Raw, All Varieties

FRESHEALTH

PURPLE SWEET POTATO COINS



Purple sweet potatoes may also be known as 'Okinawan sweet potatoes' or 'Hawaiian sweet potatoes.'

PRODUCE PARTICULARS

The high antioxidant content in these pigmented potatoes helps fight inflammation.

Purple sweet potatoes are a great source of Vitamin A, and a good source of Vitamin C.

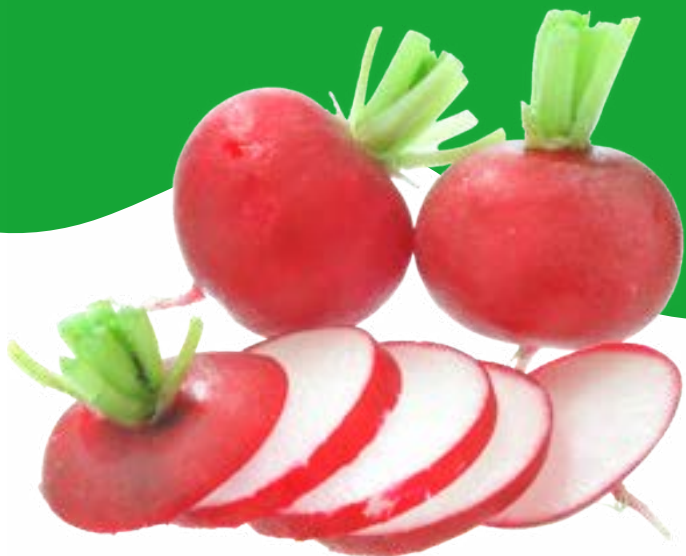
Purple sweet potatoes are slightly sweeter than their orange counterparts!



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	130
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 29g	10%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 340mg	8%
* 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: Sweet Potato, Raw, Unprepared	

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

RAINBOW CARROT COINS



Can you think of other fruits and vegetables that come in other colors?

PRODUCE PARTICULARS

Rainbow Carrots are a great source of Vitamin A. One medium carrot provides more than 200% of your recommended daily intake.



A rainbow in every pack! Each color tastes slightly different and contains a specific set of phytonutrients and antioxidants, which offer slightly different nutritional benefits.



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 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	10%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	2%
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: Carrots, Raw

FRESHEALTH

RAINBOW CAULIFLOWER



Cauliflower is well-named because it really is a flower. The part that we eat consists of a cluster of flower heads. If left alone, these would produce a cluster of tiny flowers.

PRODUCE PARTICULARS

Cauliflower is related to broccoli, cabbage, kale, turnips, rutabagas and Brussels sprouts!



The green cauliflower in your pack is actually called Romanesco! First documented in Italy in the 16th century, it is a little firmer than cauliflower and has a delicate, nutty flavor.



Nutrition Facts

1 serving per container	
Serving size	100 g
<hr/>	
Amount per serving	
Calories	30
<hr/>	
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 3g	9%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 300mg	6%
<hr/>	
* 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>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

FRESHEALTH

RAINBOW SHREDDED CARROTS



Can you name all the colors of the carrots you see?

PRODUCE PARTICULARS

Rainbow carrots come in all sorts of varieties: yellow stone, white satin, purple haze, black knight, nantes and atomic red.

Purple carrots were commonly eaten 1,000 years ago in what is now Afghanistan, with yellow carrots to follow into the 1,500s.



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 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	10%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	2%
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: Carrots, Raw

FRESHEALTH

RASPBERRIES



Raspberries were once a symbol of kindness.

How can you be kind to someone today?

PRODUCE PARTICULARS

Raspberries contain more vitamin C than an orange and they are rich in antioxidants.



Though closely related, the main difference between raspberries and blackberries is that raspberries have a hollow core in the middle while blackberries do not.



In the US, about 90% of all raspberries sold come from Washington, California and Oregon.



Nutrition Facts

1 serving per container	
Serving size	100 g
<hr/>	
Amount per serving	
Calories	50
<hr/>	
	% Daily Value *
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 7g	23%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 150mg	4%
<hr/>	
* 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.	
<hr/>	
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

FRESHEALTH

RASPBERRIES & GRAPES



Jelly is made from fruit juice and jams are made from the whole crushed fruit. Which one do you like on your toast?

PRODUCE PARTICULARS

Raspberries contain more Vitamin C than an orange and are rich in antioxidants.



Grapes are high in Vitamin K which helps the blood heal wounds and build healthy bones.



The United States is the largest consumer of grapes, eating over half a million tons annually. That's a lot of grapes!



Nutrition Facts

1 serving per container	
Serving size	100 g
<hr/>	
Amount per serving	
Calories	60
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	13%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.5mg	2%
Potassium 170mg	4%
<hr/>	
* 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.	
<hr/>	
Calories per gram:	
Fat 9	Carbohydrate 4
	Protein 4

FRESHEALTH

RED & GOLDEN BEET COINS



The different shades of rings you see in your slices are created by varying weather during growing season.



PRODUCE PARTICULARS

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



Beets have the highest sugar content of any vegetable.



Need a little energy? The nitrates in beets have been shown to help your blood carry more oxygen, which helps the blood cells in your body perform at their best!



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 7g

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, Raw

FRESHEALTH

RED BELL PEPPER STRIPS



Peppers are actually fruits because they are produced from a flowering plant and contain seeds, even though 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, with red bell peppers having the most.

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

INGREDIENTS: Peppers, Sweet, Red, Raw

FRESHEALTH

RED & GREEN BELL PEPPER STRIPS



Peppers are actually fruits because they are produced from a flowering plant and contain seeds, even though 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, with red bell peppers having the most.



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
<hr/>	
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 5g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.4mg	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: Peppers, Sweet, Green, Raw, Peppers, Sweet, Red, Raw

FRESHEALTH

RED & GREEN CABBAGE



Red cabbage is sometimes called purple cabbage. Can you name other purple colored vegetables?

PRODUCE PARTICULARS



Cabbage is from the family Cruciferae. The family name comes from the Latin word meaning cross, because the flowers are cross-shaped.



Cabbage is associated with several cultural dishes, among them: Irish, Russian, and Chinese.



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	10mg	0%
Total Carbohydrate	3g	1%
Dietary Fiber	1g	4%
Total Sugars	2g	
Includes	0g Added Sugars	0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.2mg	2%
Potassium	80mg	2%

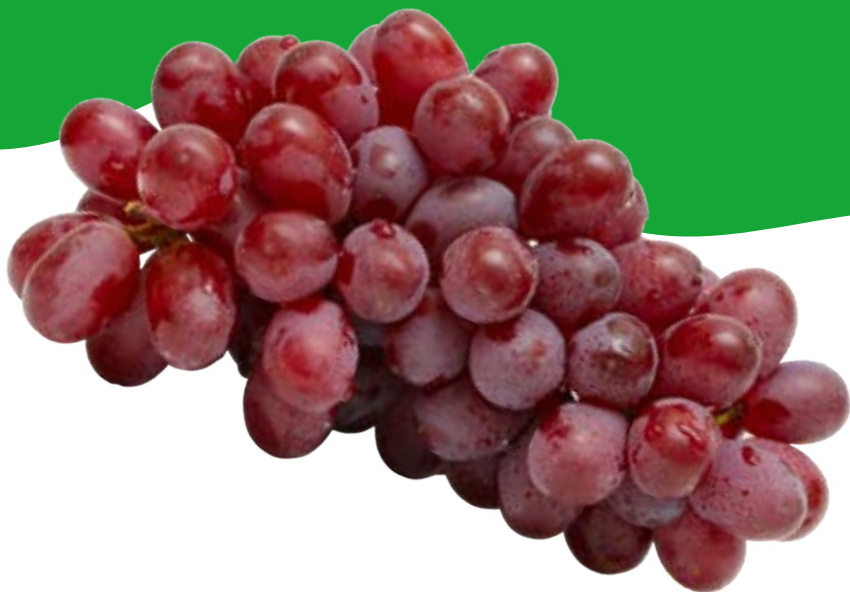
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: Cabbage, Raw, Cabbage, Red

FRESHEALTH

RED GRAPES



Grapes are a type of berry!

Can you name some other berries that are red like grapes?

PRODUCE PARTICULARS

The United States is the largest consumer of grapes, eating over half a million tons annually. That's a lot of grapes!

Grapes are a good source of Vitamin K, which has been shown to help heal wounds and protect bones.

Did you know that jelly is made from fruit juice and jams are made from the whole crushed fruit?



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	70
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	7%
Dietary Fiber 1g	3%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.4mg	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

INGREDIENTS: Grapes, Red Or Green (European Type, Such As Thompson Seedless), Raw

FRESHEALTH

RED & WHITE GRAPES



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?

PRODUCE PARTICULARS

Grape grow on vines that can grow up to 50 feet long!

Grapes are also high in Vitamin C which helps your immune system fight off illnesses.

People have been growing grapes for over 8,000 years.



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	70
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	7%
Dietary Fiber 1g	3%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.4mg	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	
INGREDIENTS: Grapes, Red Or Green (European Type, Such As Thompson Seedless), Raw	

ROMANESCO FLORETS



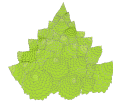
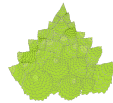
Romanesco, also called Roman cauliflower, hails from Northern Italy and is a striking bright lime-green color.

PRODUCE PARTICULARS

Romanesco is neither broccoli or cauliflower. Many botanists believe it was the result of selective breeding by Italian farmers in the 16th century.

Each spiked floret is made up of many smaller points, creating a mesmerizing, kaleidoscopic design.

Not only is Romanesco visually appealing, but it's also packed with nutrients, like vitamins A, C and K, calcium and iron!



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 3g	11%	
Total Sugars 3g		
Includes 0g Added Sugars	0%	
Protein 3g		
Vitamin D 0mcg	0%	
Calcium 30mg	2%	
Iron 0.7mg	4%	
Potassium 300mg	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: Romanesco, Raw

FRESHEALTH

SMITTEN APPLES



Smitten® apples are annually promoted as a snack on Valentine's Day, continuing the marketing theme of love and having lasting favor for the fruits.

PRODUCE PARTICULARS

Smitten is a modern apple variety, developed in New Zealand.

Apples are high in both Vitamin C and Fiber.

Americans eat more apples per capita than any other fruit. The average American eats about 16 pounds of fresh apples and 28 pounds of processed apples like juice, cider, or sauce, for a total of about 44 pounds per person per year.



Nutrition Facts

1 serving per container		
Serving size	100 g	
Amount per serving		
Calories	60	
% 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 2g	5%	
Total Sugars 10g		
Includes 0g Added Sugars	0%	
Protein 0g		
Vitamin D 0mcg	0%	
Calcium 10mg	0%	
Iron 0.1mg	0%	
Potassium 100mg	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, Red Delicious, With Skin

FRESHEALTH

RUBY FROST APPLE SLICES



Ruby Frost Apples are great for baking!
What are your favorite apple recipes?

PRODUCE PARTICULARS

Ruby Frost Apples are an excellent source of fiber, and full of natural energizing sugars.

They're a good source of vitamin C, potassium, boron, and various phytochemicals.

The flavor improves after a few weeks in storage, which is why this variety is actually picked in the fall and stored for several weeks before eaten!



Nutrition Facts

1 serving per container		
Serving size	100 g	
Amount per serving		
Calories	60	
% 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 2g	8%	
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

SNAPDRAGON APPLE SLICES



SnapDragon Apples have a long shelf life which means you can keep them around longer without throwing them out.

PRODUCE PARTICULARS

SnapDragon Apples are said to have a sweet taste with a slight hint of spice, as well as a vanilla flavor!

These apple varieties are an excellent source of fiber, and are high in Vitamin C.

They were bred from the popular honeycrisp apple and are favored by consumers for their sweet, crisp, and juicy flesh.



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	60
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	6%
Dietary Fiber 2g	8%
Total Sugars 12g	
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

INGREDIENTS: Apples, Raw, Fuji, With Skin

FRESHEALTH

SNOW PEAS



The French term for snow peas is mangetout, which basically means "eat it all". This means you don't have to cut off or peel anything to eat this food. What other foods can you eat "it all"?

PRODUCE PARTICULARS

Snow peas are high in Vitamin C and are a good source of Vitamins A and K as well as iron and magnesium.

Snow peas are quite similar to typical peas, except they have a softer pod and taste sweeter.

Snow peas are unique because although they're legumes, they are considered part of the protein and vegetable groups.



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	40
	<small>% Daily Value *</small>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	9%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 2.1mg	10%
Potassium 200mg	4%
<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>	

SOUR RED CHERRIES



Tomatoes start out green when on the vine, then turn red when ripened. What other foods change colors as they grow and ripen?

PRODUCE PARTICULARS

Traverse City, Michigan is known as the "Sour Cherry Capitol of the United States", and accounts for over seventy percent of the country's Sour cherry production!



These fruits are generally considered as too sour to be enjoyed raw, and are mostly used in cooking - like jams and sauces.



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 12g	4%
Dietary Fiber 2g	6%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	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: Cherries, Sour, Red, Raw

FRESHEALTH

STRAWBERRIES



Strawberries are covered in seeds!
Each berry has about 200 seeds on
its surface.
Try counting as many as you can!

PRODUCE PARTICULARS

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



The average American eats about 3.5
pounds of fresh strawberries a year, not
including nearly 2 pounds of frozen
strawberries.



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
<hr/>	
Amount per serving	
Calories	30
<hr/>	
	% 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 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
<hr/>	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 150mg	4%
<hr/>	
* 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.	
<hr/>	
Calories per gram: Fat 9 + Carbohydrate 4 + Protein 4	

FRESHEALTH

STRAWBERRIES & BLUEBERRIES



Strawberries and blueberries are tiny fruits with BIG names! Can you count how many letters are in "strawberry"? How many syllables are in "blueberry"?

PRODUCE PARTICULARS

Strawberries contain less carbohydrates and sugar than blueberries. But blueberries are known to have more fiber. Both berries are known to be a good source of natural sugar to keep you energized.



Both strawberries and blueberries are rich in antioxidants and anti-inflammatory compounds. These compounds can help combat illness and fight against free radicals that lead to multiple chronic diseases like diabetes, cancer and heart diseases.



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 2g	8%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 120mg	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.	
<small>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	
INGREDIENTS: Strawberries, Raw; Blueberries, Raw	

SUGAR SNAP PEAS



They actually make a SNAP sound when you break them in half! See the little peas inside?

PRODUCE PARTICULARS

Sugar snap peas are a great source of complex carbohydrates, offering both fiber and protein. They are a low-calorie source of vitamins and minerals like Vitamin C, iron and potassium.



Snap peas are unique because although they're legumes, they are considered part of the protein and vegetable groups.



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 8g	3%	
Dietary Fiber 3g	9%	
Total Sugars 4g		
Includes 0g Added Sugars	0%	
Protein 3g		
Vitamin D 0mcg	0%	
Calcium 40mg	4%	
Iron 2.1mg	10%	
Potassium 200mg	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: Peas, Edible-Podded, Raw		

FRESHEALTH

SWEET POTATO COINS



Sweet potatoes come in a variety of colors. Their skin can be brown, yellow, orange, red or purple. And their insides-- called flesh--can be white, orange or purple!

PRODUCE PARTICULARS

Sweet potatoes are known for being high in Vitamins A and C, and for their high fiber content.

Furthermore, a sweet potato is not the same as a potato. Sweet potatoes are roots and potatoes are tubers.

Many people think that sweet potatoes and yams are the same thing. In fact, they are different vegetables!



Nutrition Facts

1 serving per container	
Serving size	2 oz (57g)
Amount per serving	
Calories	50
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 11g	4%
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 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

INGREDIENTS: Sweet Potato, Raw, Unprepared

FRESHEALTH

SWEET RED CHERRIES



Did you know?

One cherry tree produces about 7,000 cherries!

PRODUCE PARTICULARS

Cherries are a good source of vitamin C, potassium, calcium, magnesium, iron, and folate.



They also have antioxidant properties that can be good for your heart health!



Cherries are also inflammatory - which may help you reduce the risk of illness and promote overall health.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 60

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 2g	8%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 0.4mg	2%
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

INGREDIENTS: Cherries, Sweet, Raw

FRESHEALTH

TANGERINE WEDGES



The tangerine is a variety of mandarin orange, named for its place of origin in Tangier, Morocco.

PRODUCE PARTICULARS

Like all citrus fruits, tangerines have an abundance of vitamin C.

Tangerines contain a relatively large variety and amount of phytonutrients, which can protect cells from damage and reduce inflammation.

You can actually eat the peel of a tangerine too! The peel contains antioxidants that are shown to help lower cholesterol.



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 40mg	2%
Iron 0.2mg	0%
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: Tangerines, (Mandarin Oranges), Raw

FRESHEALTH

TRI-COLOR BELL PEPPERS



These Colors are like the ones we see on stoplights. Do you know what each color means?

PRODUCE PARTICULARS

These peppers are low in calories and a vibrant source of Vitamins C and B6.

Green bell peppers are the same as the yellow, red and orange ones you see; they just haven't ripened all the way yet!

Florida ranks second nationally in bell pepper production, accounting for most peppers eaten in the United States.



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 2g	6%	
Total Sugars 2g		
Includes 0g Added Sugars	0%	
Protein 1g		
Vitamin D 0mcg	0%	
Calcium 10mg	0%	
Iron 0.4mg	2%	
Potassium 200mg	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

TURNIP WEDGES



There are over 30 varieties of turnips which differ in size, color, and flavor. Can you count to 30? What about counting to 30 by 5's?

PRODUCE PARTICULARS

Most turnip varieties have a slightly spicy taste if eaten raw.

Turnips are a good source of potassium, calcium, and vitamin C

Turnips are also low in calories as they are mostly fiber and water. Great for hydration and leave you feeling full!



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 65mg 3%

Total Carbohydrate 6g 2%

Dietary Fiber 2g 6%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.3mg 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

UGLI FRUIT WEDGES



There are over 100 different varieties of citrus fruits.

Can you name other kinds of citrus fruits?

PRODUCE PARTICULARS

Ugli fruit is grown in Jamaica and is a cross between an orange and a grapefruit. It's sweet and tangy with orange flesh and its thick, rough, bumpy skin is greenish orange or sometimes yellow.



Abundant in Vitamin C, it supports your body in wound healing and the development of collagen, a key component of skin, muscle and connective tissue. It also contains folate, calcium and potassium – vital nutrients that play important roles in metabolism, muscle control, bone health and heart health.



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 2g	7%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 0mg	0%

* 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

WATERMELON



Watermelon is one of few foods to be classified as both a fruit and a vegetable!

PRODUCE PARTICULARS

Watermelon is grown in 44 states. Florida grows the most of any state.

Watermelon, just like tomatoes, is an excellent source of the antioxidant Lycopene, which is good for your cells.

Watermelons are named appropriately, as they are 92% water. An excellent snack for staying hydrated!



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 8g	3%
Dietary Fiber 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
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

INGREDIENTS: Watermelon, Raw

FRESHEALTH

WATERMELON RADISH COINS



Radishes can be green, white, yellow, pink, purple, red and even black! What other foods come in different colors like this?

PRODUCE PARTICULARS

Watermelon radish is an heirloom variety of daikon radish and a member of the mustard family.

Consuming watermelon radish is a great way to boost your intake of vitamins and minerals, as it is rich in phosphorus, potassium, magnesium, calcium, Vitamin A and Vitamin C.

This colorful vegetable is also a good source of phytochemicals and antioxidants.



Nutrition Facts

1 serving per container		
Serving size	100 g	
Amount per serving		
Calories	20	
% Daily Value *		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 20mg	1%	
Total Carbohydrate 4g	1%	
Dietary Fiber 2g	6%	
Total Sugars 3g		
Includes 0g Added Sugars	0%	
Protein 1g		
Vitamin D 0mcg	0%	
Calcium 30mg	2%	
Iron 0.4mg	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

FRESHEALTH

WHITE ASPARAGUS



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.

PRODUCE PARTICULARS

Asparagus is high in anti-inflammatory nutrients and provides a wide variety of antioxidant nutrients.

They contain Vitamin C, beta-carotene, Vitamin E, and the minerals zinc, manganese, and selenium.

Green asparagus gets its bright color from being grown in the sunshine, but white asparagus is grown while covered in dirt to keep the sunlight away and give it a unique color!

FRESHEALTH

Nutrition Facts

1 serving per container		
Serving size	100 g	
Amount per serving		
Calories	20	
	% Daily Value *	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 4g	1%	
Dietary Fiber 2g	8%	
Total Sugars 2g		
Includes 0g Added Sugars	0%	
Protein 2g		
Vitamin D 0mcg	0%	
Calcium 20mg	2%	
Iron 2.1mg	10%	
Potassium 200mg	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: Asparagus, Raw

WHITE GRAPES



Grapes are actually a kind of berry! They have a leathery covering and a fleshy inside. Can you name other types of berries?

PRODUCE PARTICULARS

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



Grapes are high in Vitamin K which is known to help your blood to heal wounds and build healthy bones.



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	70
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	3%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.4mg	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	
INGREDIENTS: Grapes, Red Or Green (European Type, Such As Thompson Seedless), Raw	

FRESHEALTH

YELLOW SQUASH COINS



Yellow squash contain manganese.
This mineral helps to boost bone strength!

PRODUCE PARTICULARS

This summer squash is related to pumpkins, cucumbers and melons.

California is the number one state in squash production followed by Florida, Georgia and Michigan.

Yellow Squash provides a variety of nutrients including potassium, magnesium, phosphorous, and Vitamins A & C.

Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 20

% Daily Value *

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
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

YELLOW SQUASH & ZUCCHINI COINS



Zucchini and Yellow Squash are cousins! While they are strikingly similar in flavor and texture, they are not the same. Do you have any cousins?

PRODUCE PARTICULARS

Are green and yellow squash the same? Here's the scoop: all zucchini are squash, but not all squash are zucchini. Kind of like how a square is a rectangle, but a rectangle is not a square. Confused yet?

Both items in this yummy veggie blend are known for having folate. Folate (vitamin B-9) is important in red blood cell formation and for healthy cell growth and function.



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 5mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 250mg	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: Squash, Summer, Zucchini, Includes Skin, Raw; Squash, Summer, All Varieties, Raw

FRESHEALTH

YELLOW BELL PEPPERS



Bell peppers also come in green, orange, and red. Have you tried any other kinds of bell peppers?

PRODUCE PARTICULARS

These peppers are low in calories and a vibrant source of Vitamins C and B6.



Green bell peppers are the same as the yellow, red and orange ones you see; they just haven't ripened all the way yet!



Florida ranks second nationally in bell pepper production, accounting for most peppers eaten in the United States.



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

INGREDIENTS: Peppers, Sweet, Yellow, Raw

FRESHEALTH

ZUCCHINI SQUASH COINS



The word zucchini comes from the Italian word "zucchini", which translates as "tiny squash"
Try saying ZUCCHINO! (zoo-chee-no)

PRODUCE PARTICULARS

Because they grow from a plant blossom (flower) and have seeds, zucchini are technically a fruit.



Zucchini is believed to improve digestion, blood sugar levels, eye health, heart health, thyroid and adrenal functions, and inflammation!



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 5mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	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

INGREDIENTS: Squash, Summer, Zucchini, Includes Skin, Raw, Squash, Summer, All Varieties, Raw

FRESHEALTH

ZUCCHINI SQUASH & GRAPE TOMATOES



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!

PRODUCE PARTICULARS

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 believed to improve digestion, blood sugar levels, eye health, heart health, thyroid and adrenal functions, and inflammation!



Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	20
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 0.3mg	2%
Potassium 250mg	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: Squash, Summer, Zucchini, Includes Skin, Raw, Tomatoes, Red, Ripe, Raw, Year Round Average

FRESHEALTH