

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 and C, which are both important for your immune system. It also offers folate which is good for growing bodies!



Carrots are a great source of Vitamin A which is important for healthy eyes & vision.



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



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 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

FRESHEALTH