

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 your 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	

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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 convenient 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%

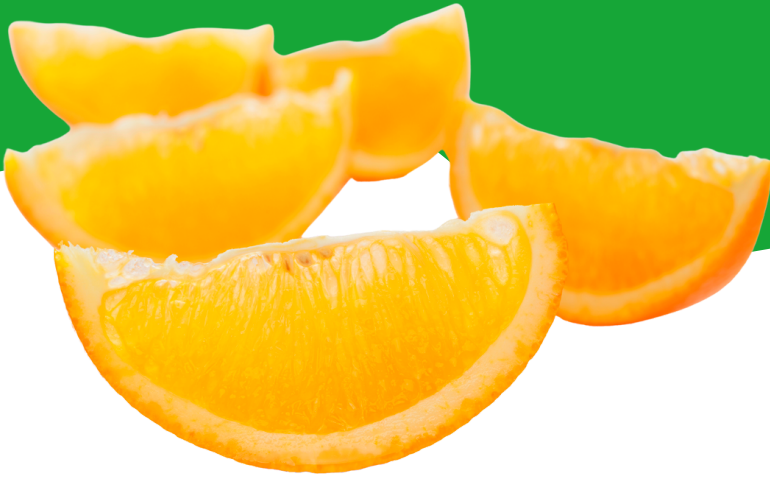
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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

INGREDIENTS: Celery, Raw

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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

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GREEN CAULIFLOWER & GRAPE TOMATOES



Did you know? Cauliflower comes in green, white, orange, and even purple! Can you think of other fruits and veggies that come in different colors?

PRODUCE PARTICULARS

Green cauliflower, also known as broccoflower, is a hybrid of broccoli and cauliflower.



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



Green cauliflower is a great source of Vitamin C, an antioxidant that can help strengthen your immune system.



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 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 20mg	2%
Iron 0.6mg	4%
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	
INGREDIENTS: Cauliflower, Green, Raw, Tomatoes, Yellow, Raw	

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
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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%
<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>	

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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%
<i>Trans</i> 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

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