

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	

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BROCCOLINI



Broccolini is also commonly called baby broccoli.

PRODUCE PARTICULARS

Broccolini is a member of the Brassicaceae family, along with broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, and turnips.



Broccolini is completely edible-- the stems, leaves, and florets!



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 30mg 1%

Total Carbohydrate 6g 2%

Dietary Fiber 5g 18%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 0mg 0%

Iron 0mg 0%

Potassium 0mg 0%

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

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BLOOD ORANGE WEDGES



Blood oranges are often called "raspberry oranges" because of their red color and their raspberry-like taste!

PRODUCE PARTICULARS

Blood oranges are an excellent source of Vitamin C, and contain many antioxidant compounds.



They also contain Anthocyanins, a powerful antioxidant that gives them a deep red color on the inside!



Fruits that are high in Vitamin C, like blood oranges, can help boost your immune system and fight off colds!



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 10g	4%
Dietary Fiber 2g	8%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.1mg	0%
Potassium 170mg	4%

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

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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
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Amount per serving	
Calories	25
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	% 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	
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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: Peppers, Sweet, Green, Raw, Peppers, Sweet, Red, Raw

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APPLES & 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.

PRODUCE PARTICULARS

Did you know? Grapes are actually considered berries!



Apples and grapes have the greatest variety of any other type of fruit.



Grapes are high in Vitamin K, which helps to heal wounds and build healthy bones.



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	6%
Total Sugars	13g	
Includes	0g Added Sugars	0%
Protein	0g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	0.2mg	2%
Potassium	150mg	4%

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

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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
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Amount per serving	
Calories	30
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	% 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%

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

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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%

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

INGREDIENTS: Kiwifruit, Green, Raw

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BABY CARROTS & SUGAR SNAP PEAS



Can you measure your veggies? How many inches long are your carrots and how many centimeters long are your snap peas?

PRODUCE PARTICULARS

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



Carrots have a special nutrient called beta carotene that helps you see well, grow strong, and stay healthy.



Sugar snap peas have a relatively short growing season which starts in early spring and wraps up by late summer.



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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	40mg	2%
Total Carbohydrate	8g	3%
Dietary Fiber	3g	10%
Total Sugars	4g	
Includes	0g Added Sugars	0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	40mg	2%
Iron	1.5mg	8%
Potassium	220mg	4%

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

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%

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

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

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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%
<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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