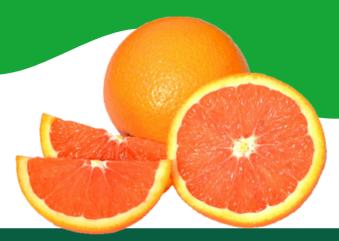
CARA CARA ORANGES



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!



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

Nutrition Facts

100 g

45

0%

0%

0%

4%

9%

0%

% Daily Value

1 serving per container

Serving size

Amount per serving

Calories

Total Fat 0g Saturated Fat 0g

Trans Fat 0g

Cholesterol 0mg

Total Carbohydrate 12g

Includes 0g Added Sugars

Dietary Fiber 2g

Total Sugars 9g

Sodium 0mg

Protein 1g

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!



FRESHEALTH

Nutrition Facts

1 serving per container Serving size 100 g Amount per serving Calories % Daily Value Total Fat 0g 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 2a Vitamin D 0mcg 0% Calcium 0mg 0% Iron 0mg 0%

Potassium 0mg 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.

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 Fa	cts	
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%	
 The % Daily Value (DV) tells you how r nutrient in a serving of food contributes daily diet. 2,000 calories a day is used general nutrition advice. 	to a	
Calories per gram: Fat 9 • Carbohydrate 4 •	Protein 4	

RED & GREEN BELL PEPPER STRIPS







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 Fact	S
1 serving per container Serving size 10	0 g
Amount per serving Calories 2	25
% Daily Val	lue *
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 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 • Protei	in 4

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.

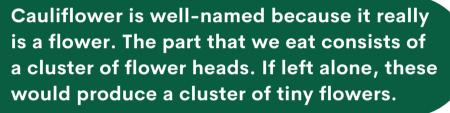


Nutrition Facts 1 serving per container Serving size 100 g Amount per serving 60 Calories % Daily Value Total Fat 0g Saturated Fat 0g 0% Trans Fat 0g Cholesterol 0ma 0% 0% Sodium 0ma 6% Total Carbohydrate 16g Dietary Fiber 2g 6% Total Sugars 13g Includes 0g Added Sugars 0% Protein 0a Vitamin D 0mcg 0% Calcium 10mg 0% 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. Carbohydrate 4

RAINBOW CAULIFLOWER









PRODUCE PARTICULARS

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



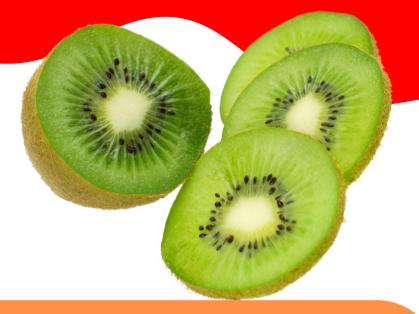
The green cauliflower in your pack is actually called Romanesco! First documented in Italy in the 16th century, it is a little firmer than cauliflower and has a delicate, nutty flavor.

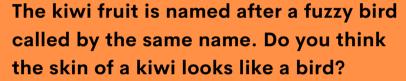


Nutrition Fact	S	
1 serving per container Serving size 10	0 g	
Amount per serving Calories 3	0	
% Daily Value *		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 25mg	1%	
Total Carbohydrate 6g	2%	
Dietary Fiber 3g	9%	
Total Sugars 2g		
Includes 0g Added Sugars	0%	
Protein 2g		
Vitamin D 0mcg	0%	
Calcium 30mg	2%	
Iron 0.6mg	4%	
Potassium 300mg	6%	
 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:		



KIWI SLICES









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 Fa	cts	
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 m nutrient in a serving of food contributes daily diet. 2,000 calories a day is used f general nutrition advice.	to a	
Calories per gram: Fat 9 • Carbohydrate 4 •	Protein 4	

INGREDIENTS: Kiwifruit, Green, Rav

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.



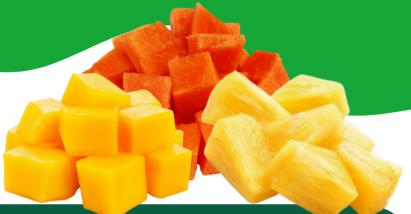
Sugar snap peas have a relatively short growing season which starts in early spring and wraps up by late summer.



FRESHEALTH

Nutrition Facts 1 serving per container Serving size 100 g Amount per serving 40 Calories % Daily Value Total Fat 0g Saturated Fat 0g Trans Fat 0g Cholesterol 0mg 0% Sodium 40mg 2% Total Carbohydrate 8g 3% 10% Dietary Fiber 3g Total Sugars 4g Includes 0g Added Sugars 0% Protein 2q Vitamin D 0mcg 0% Calcium 40mg 2% 8% Iron 1.5mg 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.

PAPAYA, MANGO, PINEAPPLE BLEND

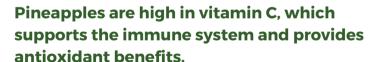


Papaya, mango, and pineapple have very different flavors. Can you describe the flavors of each fruit? How are they similar and how are they different?



PRODUCE PARTICULARS

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



Mangos contain over 20 different vitamins and minerals!





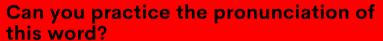


Nutrition Fac	cts	
1 serving per container Serving size	100 g	
Amount per serving Calories	45	
% Daily Value *		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 11g	4%	
Dietary Fiber 1g	3%	
Total Sugars 8g		
Includes 0g Added Sugars	0%	
Protein 1g		
Vitamia D Omas	0%	
Vitamin D 0mcg		
Calcium 20mg	2%	
Iron 0.2mg	2%	
Potassium 150mg	4%	
 The % Daily Value (DV) tells you how mu nutrient in a serving of food contributes to daily diet. 2,000 calories a day is used fo general nutrition advice. 	a	
Calories per gram: Fat 9 • Carbohydrate 4 •	Protein 4	

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

JICAMA STICKS





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 Fa	cts	
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 n nutrient in a serving of food contributes daily diet. 2,000 calories a day is used t general nutrition advice. 	to a	
Calories per gram:	Protein 4	