

FRESHHEALTH.

HONEYDEW & CANTALOUPE CHUNKS



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%
<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>	

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.

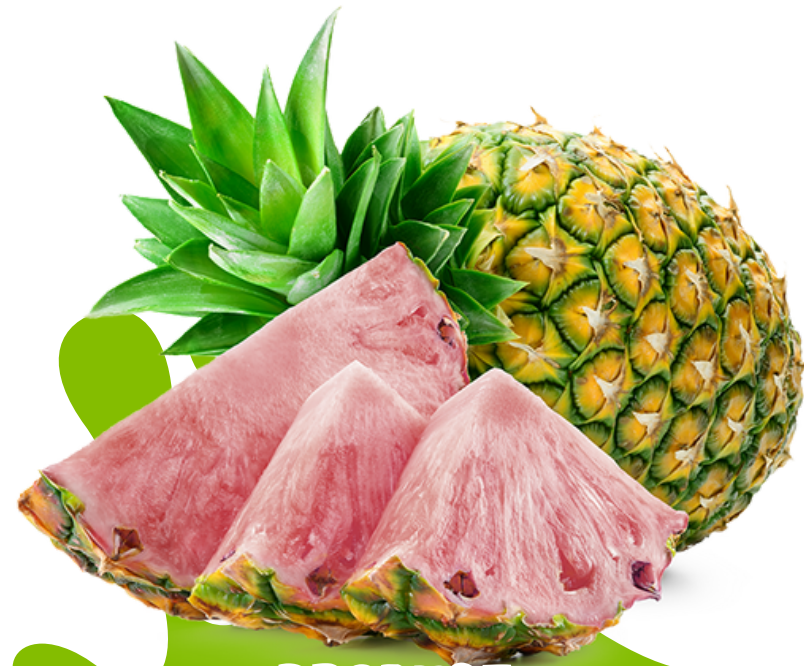
TRY IT!

What colors do you see in your snack pack?

What other fruits are **Orange** or **Green**?

FRESHHEALTH.

PINK PINEAPPLE CHUNKS



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	

TRY IT!

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

Fruits: grapefruit, pomegranate, watermelon, apple
Vegetables: Rhubarb, Watermelon Radish

FRESHHEALTH.

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 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 30mg 2%

Iron 0.6mg 4%

Potassium 300mg 6%

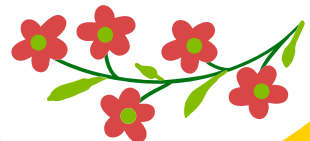
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

DID YOU KNOW?

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.



FRESHHEALTH.

SUGAR SNAP PEAS



PRODUCE PARTICULARS

- Sugar snap peas are a great source of complex carbohydrates, offering both fiber and protein. They are 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	

TRY IT!

They actually make a SNAP sound when

- you break them in half!

See the little peas inside?

FRESHHEALTH.

TRI COLOR 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 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

These Colors are like the ones we see on stoplights.

Do you know what each color means?



NEW

FRESHHEALTH

BROCCOLI & CARROT



PRODUCE PARTICULARS

- Broccoli is high in many nutrients, including fiber, vitamin C, vitamin K, iron, and potassium.
- Carrots are a good source of beta carotene, fiber, vitamin K1, potassium, and antioxidants
- This crunchy blend is perfect for dipping or eating as is!

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 50mg	2%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	10%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.5mg	2%
Potassium 320mg	6%
<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>	
INGREDIENTS: Broccoli, Raw, Carrots, Raw	

DID YOU KNOW?
In the United States, California produces 90% of the broccoli we eat!

FRESHHEALTH.

GOLDEN KIWI SLICES



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 16g 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

DID YOU KNOW?

A kiwi is technically considered a berry.

What other fruits can you name that are berries?



FRESHHEALTH.

GRAPE TOMATO MEDLEY



PRODUCE PARTICULARS

- Grape tomatoes grow very quickly compared to other plants—75 days from seed to harvesting.
- A 2-ounce portion meets a little more than 20 percent of the daily value for vitamin C and over 50 percent of the daily value for Vitamin A.
- Grape tomatoes come in many colors depending on the type, region and weather. In any given season, you may find green, orange, yellow, brown and pink ones in addition to the traditional red variety.

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

DID YOU KNOW?

- Tomato seedlings have been grown in space? WHOA! NASA's goal to grow tomatoes in space is for astronauts on the International Space Station to eat fresh foods!

