

CANTALOUPE, HONEYDEW, PINEAPPLE BLEND



Your baggie will have orange, green, and yellow fruits. Can you think of other fruits that are these colors?

PRODUCE PARTICULARS

Cantaloupes are mostly water (90%) and packed with antioxidants and electrolytes. These minerals balance the fluids in your body and keep it working well!

In addition to Vitamin C, pineapples also contain Vitamins B6, E & K.

Honeydew melons contain Vitamins B6, E & K. Eating cantaloupe can help to keep you hydrated.



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 10mg	1%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	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

INGREDIENTS: Melons, Honeydew, Raw, Melons, Cantaloupe, Raw, Pineapple, Raw, All Varieties

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ROMANESCO FLORETS



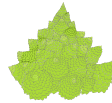
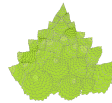
Romanesco, also called Roman cauliflower, hails from Northern Italy and is a striking bright lime-green color.

PRODUCE PARTICULARS

Romanesco is neither broccoli or cauliflower. Many botanists believe it was the result of selective breeding by Italian farmers in the 16th century.

Each spiked floret is made up of many smaller points, creating a mesmerizing, kaleidoscopic design.

Not only is romanesco visually appealing, but it's also packed with nutrients, like vitamins A, C and K, calcium and iron!



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 0mg	0%	
Total Carbohydrate 6g	2%	
Dietary Fiber 3g	11%	
Total Sugars 3g		
Includes 0g Added Sugars	0%	
Protein 3g		
Vitamin D 0mcg	0%	
Calcium 30mg	2%	
Iron 0.7mg	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

INGREDIENTS: Romanesco, Raw

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APPLE SLICES



Apples grow on trees and bloom in the spring. They are ready for harvest between August and October!

Have you seen an apple tree in the fall?

PRODUCE PARTICULARS

Apples are a source of Vitamin C, Fiber and Potassium.

The top 10 varieties produced in the US are: Red Delicious, Golden Delicious, Gala, Granny Smith, Fuji, Honeycrisp, McIntosh, Rome, Cripps Pink, and Empire.

Americans eat more apples per capita than any other fruit! The average American eats about 16 pounds of fresh apples and 28 pounds of processed apples like juice, cider, or sauce, for a total of about 44 pounds per person per year.



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 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%

* 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: Apples, Raw, Gala, With Skin

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SUGAR SNAP PEAS



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

PRODUCE PARTICULARS

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

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RED & WHITE 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. Can you find something around you that's each of these colors?

PRODUCE PARTICULARS

Grapes grow on vines that can grow up to 50 feet long!

Grapes are also high in Vitamin C which helps your immune system fight off illnesses.

People have been growing grapes for over 8,000 years.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 70

% Daily Value *

Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	18g	7%
Dietary Fiber	1g	3%
Total Sugars	15g	
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 • Protein 4

INGREDIENTS: Grapes, Red Or Green (European Type, Such As Thompson Seedless), Raw

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BABY CARROTS & RED BELL PEPPER



There are five sizes of baby carrots; the smallest size carrots are called "carroteenies."

PRODUCE PARTICULARS

Carrots are grown year-round, but the ones that are grown in cool temperatures are the sweetest and most delicious!

Bell peppers are a great source of Vitamin C, with red bell peppers having the most.

Baby carrots don't actually grow small, but are made by cutting and shaping a special kind of carrot that grows slim and tender. It's like a magical transformation into bite-sized goodness just for us!



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 40mg 2%

Total Carbohydrate 7g 3%

Dietary Fiber 3g 9%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.7mg 4%

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.

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

INGREDIENTS: Peppers, Sweet, Red, Raw, Carrots, Baby, Raw

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CANTALOUPE & BLUEBERRY



This mix of fruits has orange and blue, 2 colors of the rainbow. Can you name the rest of the colors?

PRODUCE PARTICULARS

Cantaloupes are mostly water (90%) and packed with antioxidants and electrolytes. These minerals balance the fluids in your body and keep it working well!



Blueberries are the only foods that are naturally blue. The pigment that gives blueberries their distinctive color—called anthocyanin—is the same compound that provides the blueberry’s amazing health benefits.



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 10mg 0%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 6%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.2mg 2%

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: Melons, Cantaloupe, Raw, Blueberries, Raw

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BROCCOLI AND CAULIFLOWER



Some people call broccoli "little trees". Can you see why? What could you nickname cauliflower? What about "little clouds"?

PRODUCE PARTICULARS

Broccoli is like a superhero food because it's filled with special vitamins and minerals that make our bodies strong and healthy, like Vitamin C, which helps us fight off germs, and Vitamin K, which helps our bones stay super strong!



Cauliflower is packed with Vitamin C that helps keep us strong and healthy, and has fiber that helps our tummies feel good.



Both are especially high in fiber, an important nutrient that helps keep you full and regulates blood sugar!



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	2g	8%
Total Sugars	2g	
Includes Added Sugars	0g	0%
Protein	2g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.6mg	4%
Potassium	310mg	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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