

BLUEBERRIES



PRODUCE PARTICULARS

- Blueberries are full of essential nutrients, including Vitamin C and the mineral manganese. Loaded with Vitamin K, a key nutrient in maintaining healthy bones and blood.
- Blueberries ranked number one in antioxidant health benefits in a comparison with more than 40 fresh fruits and vegetables.
- People have been eating blueberries for more than 13,000 years. That's about 1,000 years before the advent of agriculture!

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 9%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.3mg 2%

Potassium 80mg 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: Blueberries, Raw

DID YOU KNOW?

Blueberries are the only fruit (or vegetable) that is naturally blue!

What things around you can you find that are BLUE?

FRESHEALTH

BROCCOLI & GRAPE TOMATOES



PRODUCE PARTICULARS

- Broccoli is high in many nutrients, including fiber, vitamin C, vitamin K, iron, and potassium.
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- Grape tomatoes are a good source of fiber, contain Vitamins A, C, and lycopene!
- Fruits that contain Vitamin C, like broccoli and grape tomatoes, can help boost your immune system and fight off colds!

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 20mg 1%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.5mg 2%

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: Broccoli, Raw, Tomatoes, Red, Ripe, Raw, Year Round Average

DID YOU KNOW?

Tomatoes are actually fruits- not veggies!

The very first tomatoes of this type are thought to have been grown in Southeast Asia.

CANTALOUPE & WATERMELON CHUNK



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! That helps you stay hydrated and full of energy.
- Watermelon, just like the tomato, is an excellent source of the antioxidant Lycopene, which is good for your cells.

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 10mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	2%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	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

TRY IT!

Can you practice counting with the pieces in your snack pack?

How many did you find?

HONEYDEW CHUNKS



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.
- Honeydew melon is about 90% water and contains electrolytes. This makes honeydew great for hydrating after a recess, when you feel sick, or if you're just trying to stay hydrated throughout your day.

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 20mg	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	0%
Potassium 230mg	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

TRY IT!

- The Melon Family, Cucurbitaceae, is a plant family commonly known as melons, gourds or cucurbits.
- Can you name foods that would fit in this family?

Ex. *Cantaloupe, cucumbers, squash, pumpkin.*

KUMQUATS



PRODUCE PARTICULARS

- Kumquats are a good source of Vitamins C & fiber.
- Kumquats are native to South Asia and were introduced to America in the mid 1800s.
- Kumquats' name derived from the Chinese word for golden orange.

Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	70
	% Daily Value *
Total Fat 1g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 16g	6%
Dietary Fiber 7g	23%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.9mg	4%
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	

DID YOU KNOW?

Kumquat trees are popular as displays and gifts for the Chinese Lunar New Year — the plant symbolizes wealth and good luck.



MINI SWEET PEPPERS



PRODUCE PARTICULARS

- Bell peppers, like most other peppers, are native to Central and South America.
- Bell peppers are a great source of Vitamin C. Red bell peppers having the most Vitamin C!
- 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

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 2g 8%

Total Sugars 4g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.4mg 2%

Potassium 210mg 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

TRY IT!

These peppers come in a variety of colors.

Can you name all the **colors** you see?

TURNIP WEDGES



PRODUCE PARTICULARS

- Most turnip varieties have a slightly spicy taste if eaten raw.
- Turnips are a good source of potassium, calcium, and vitamin C
- Turnips are also low in calories as they are mostly fiber and water. Great for hydration and leave you feeling full!

Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	30
Calories	
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 65mg	3%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	6%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	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	

DID YOU KNOW?

There are over 30 varieties of turnips which differ in size, color, and flavor.

Can you count to 30?
What about counting to 30 by 5's?

WATERMELON RADISH COINS



PRODUCE PARTICULARS

- Watermelon radish is an heirloom variety of daikon radish and a member of the mustard family.
- Consuming watermelon radish is a great way to boost your intake of vitamins and minerals, as it is rich in phosphorus, potassium, magnesium, calcium, Vitamin A and Vitamin C.
- This colorful vegetable is also a good source of phytochemicals and antioxidants.

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 20mg 1%

Total Carbohydrate 4g 1%

Dietary Fiber 2g 6%

Total Sugars 3g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.4mg 2%

Potassium 230mg 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

DID YOU KNOW?

Radishes can be green, white, yellow, pink, purple, red and even black!

What other foods come in different colors like this?

