

# FRESHHEALTH.

## RUBY FROST APPLE SLICES



### PRODUCE PARTICULARS

- Ruby Frost Apples are an excellent source of fiber, and full of natural energizing sugars.
- They're a good source of vitamin C, potassium, boron, and various phytochemicals.
- The flavor improves after a few weeks in storage, which is why this variety is actually picked in the fall and stored for several weeks before eaten!

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
	<b>% Daily Value *</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Total Sugars 10g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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

### DID YOU KNOW?

Ruby Frost Apples are great for baking!

What are your favorite apple recipes?

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## BABY CARROTS & RED BELL PEPPER



### PRODUCE PARTICULARS

- Bell peppers are a great source of Vitamin C, with red bell peppers having the most.
- Carrots are an excellent source of Vitamin A, a nutrient that supports a healthy immune system.

#### Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>35</b>
% 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%
<b>Protein 1g</b>	
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

#### TRY IT!

Baby carrots are orange and red pepper strips are red. These are two colors on the rainbow that are right next to each other!

Can you think of what the other five colors of the rainbow are?

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## MANGO SLICES



### PRODUCE PARTICULARS

- These tropical fruits are related to cashews and pistachios.
- Each day, more mangoes are eaten in the world than any other fruit!
- Mango is low in calories yet high in nutrients — particularly Vitamin C, which aids immunity, iron absorption and cell growth and repair.

Nutrition Facts		
1 serving per container		
Serving size	100 g	
Amount per serving		
<b>Calories</b>	<b>60</b>	
% Daily Value *		
<b>Total Fat</b> 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	0%	
<b>Sodium</b> 0mg	0%	
<b>Total Carbohydrate</b> 15g	5%	
Dietary Fiber 2g	6%	
Total Sugars 14g		
Includes 0g Added Sugars	0%	
<b>Protein</b> 1g		
Vitamin D 0mcg	0%	
Calcium 10mg	0%	
Iron 0.2mg	0%	
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: Mangos, Raw		

The mango is symbol of friendship all over the world.

Who's a friend you'd like to share your mango's with?



## CELERY STICKS & GRAPE TOMATOES



### PRODUCE PARTICULARS

- Celery contains Vitamins A, C and K and a great source of potassium and folate that help support your growing body!
- Grape tomatoes are low in calories but high in fiber, Vitamins A and C and carotenoid antioxidants such as lutein, lycopene and beta carotene.
- Celery is a low-calorie vegetable with a high water content that contains a sizable dose of fiber along with some vitamins and minerals. It's a convenient on-the-go snack!

### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 15**

% Daily Value \*

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 45mg 2%

Total Carbohydrate 3g 1%

Dietary Fiber 1g 5%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.2mg 2%

Potassium 250mg 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: Celery, Raw, Tomatoes, Red, Ripe, Raw, Year Round Average

### DID YOU KNOW?

Tomatoes start out green when on the vine, then as the sun touches them, they ripen and turn red.

**What other foods change colors as they grow and ripen?**



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## WATERMELON



### PRODUCE PARTICULARS

- Watermelon is grown in 44 states. Florida grows the most of any state.
- Watermelon, just like tomatoes, is an excellent source of the antioxidant Lycopene, which is good for your cells.
- Watermelons are named appropriately, as they are 92% water. An excellent snack for staying hydrated!

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>30</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 0g	<b>0%</b>
Total Sugars 6g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 110mg	2%
<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>	
<b>INGREDIENTS: Watermelon, Raw</b>	

### DID YOU KNOW?

Watermelon is one of few foods to be classified as both a fruit and a vegetable!



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# ROMANESCO FLORETS



## PRODUCE PARTICULARS

- Romanesco is a broccoli-cauliflower hybrid that's full of vitamins and minerals.
- Each spiky 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	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>30</b>
	<b>% Daily Value *</b>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 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	

## DID YOU KNOW?

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

## STRAWBERRIES & BLUEBERRIES



### PRODUCE PARTICULARS

- Strawberries contain less carbohydrates and sugar than blueberries. But blueberries are known to have more fiber. Both berries are known to be a good source of natural sugar to keep you energized.
- Both strawberries and blueberries are rich in antioxidants and anti-inflammatory compounds. These compounds can help combat illness and fight against free radicals that lead to multiple chronic diseases like diabetes, cancer and heart diseases.

### 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 2g 8%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.3mg 2%

Potassium 120mg 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: Strawberries, Raw,  
Blueberries, Raw

### TRY IT!

Strawberries and blueberries are tiny fruits with BIG names!

Can you count how many letters are in "strawberry"?

How many syllables are in "blueberry"?

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## GREEN BEANS



### PRODUCE PARTICULARS

- Green beans are sometimes called snap beans or string beans.
- There are more than 130 varieties of green beans! Green beans grow in two main ways: bush and pole. Bushes grow 1-2 feet tall. Pole beans can climb to around 10 feet tall and have to have a pole or wire to grow upright.

Nutrition Facts	
1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>30</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 3g	<b>10%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1mg	6%
Potassium 210mg	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>	

### DID YOU KNOW?

Green beans originated in the Andes Mountain Range thousands of years ago. The Andes are located in South America. Can you find South American on a map?