

FRESHHEALTH.

PINEAPPLE CHUNKS



PRODUCE PARTICULARS

- In addition to Vitamin C, pineapples are a great source of Vitamins A, B6, E and K.
- This delicious tropical fruit got its name from European explorers that thought that they looked like pine cones, which is why we call them pine apples still today.
- Hawaii grows virtually all of the pineapples in the US!

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

DID YOU KNOW?

It can take 3 years for a pineapple to grow.

How old were you 3 years ago?
How old will you be in 3 years?

NEW

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CUTE CUCUMBERS



PRODUCE PARTICULARS

- With vibrant green skin and a mild, lightly sweet flavor, cucumbers are crunchy and refreshing!
- There are three main varieties of cucumber—slicing, pickling, and seedless.
- Cucumbers are high in water content and low in calories. A perfect healthy 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 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	2%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	2%
Potassium 150mg	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>	
INGREDIENTS: Cucumber, With Peel, Raw	

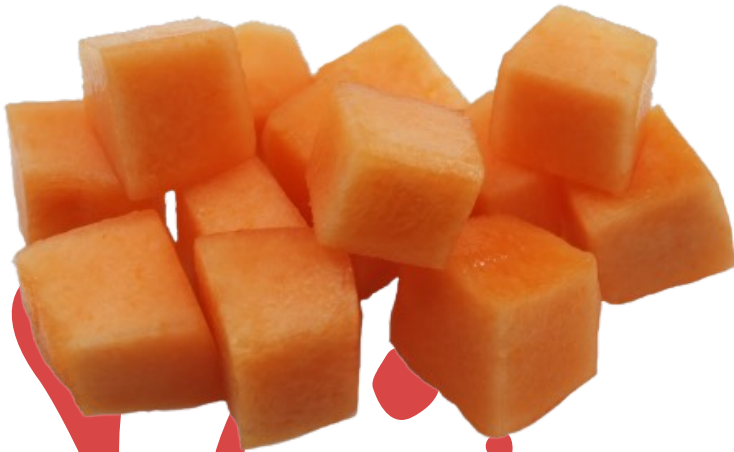
DID YOU KNOW?

Pickles are made from cucumbers!

Placed in a bath of saltwater or vinegar, these cuties become pickles, a crunchy topping to add to your hamburger!

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CANTALOUPE CHUNKS



PRODUCE PARTICULARS

- Cantaloupe is high in beta-carotene, giving it a beautiful orange color.
- Cantaloupes are mostly water (90%) and packed with antioxidants and electrolytes. These balance the fluids in your body and keep it working well! That helps you stay hydrated and full of energy.

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 8g 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 270mg 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: Melons, Cantaloupe, Raw

Can you list the other types of melons?

Which one is your favorite type of melon?

BEET COINS



PRODUCE PARTICULARS

- Beets come in several colors—golden, white, purple, pink and even striped!
- Need a little energy? The nitrates in beets help your blood carry more oxygen, which in turn helps the blood cells in your body perform at their best!
- Beets have the highest sugar content of any vegetable.

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 80mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	10%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.8mg	4%
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	
INGREDIENTS: Beets, Raw	

DID YOU KNOW?

In 1975, during the Apollo-Soyuz Test Project, astronauts from Apollo 18 were served beet soup on the space ship!

DAIKON RADISH COINS



PRODUCE PARTICULARS

- Daikon radish have a crunchy, snap-like texture and a mild, semi-sweet, and peppery, tangy flavor.
- Daikon radish leaves are also edible and have a pungent, green, and grassy taste.
- It is a member of the Brassicaceae family. The root is related to kale, broccoli, cauliflower, and horseradish, among others.

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?



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GRAPEFRUIT WEDGES



PRODUCE PARTICULARS

- Perfect to **ENERGIZE!** Grapefruits have more Vitamin A than oranges and are high in Vitamin C, giving you energy.
- These have a water content as high as a watermelon—up to 92%, so they keep you hydrated.
- Grapefruit flavor can vary from tart and sour or mildly sweet to super sweet.

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 8g 3%

Dietary Fiber 1g 4%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.1mg 0%

Potassium 140mg 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:

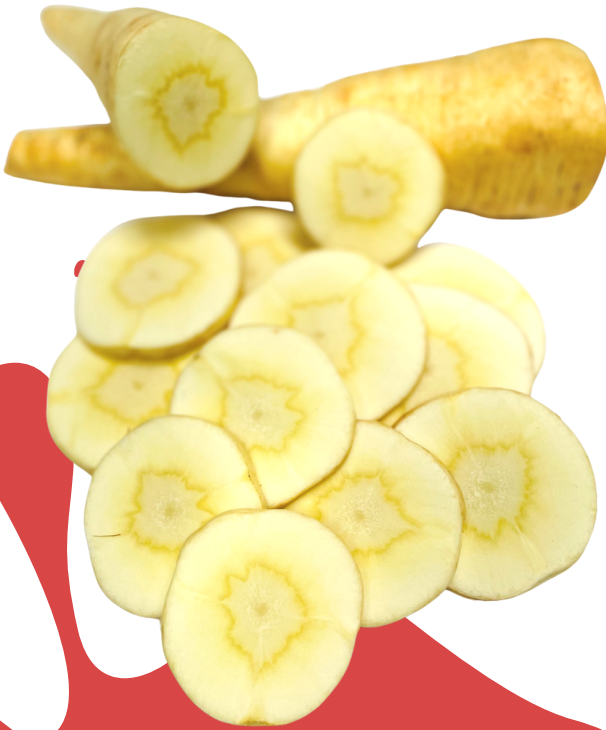
Fat 9 • Carbohydrate 4 • Protein 4

TRY IT!

Grapefruit can come in red, white, yellow and pink!

Can you find something around you that is each of these colors?

PARSNIP COINS



PRODUCE PARTICULARS

- Parsnips are a root vegetable and belong to the carrot family. The edible part is the white creamy colored root.
- Parsnips are often referred to as the white carrot.
- Parsnips are a rich source of dietary fibers, vitamins C, B1, B6, B9, K and E and minerals such as potassium, iron, calcium and copper.

Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	80
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.6mg	4%
Potassium 380mg	8%
<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: Parsnips, Raw	

DID YOU KNOW?

In Europe, parsnips were commonly used to sweeten foods before sugar cane was introduced and readily available.

Do you think this would make a good tasting cake?

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KIWI FRUIT WEDGES



PRODUCE PARTICULARS

- Originally called a Chinese Gooseberry, this fruit was given its common name because they resemble the kiwi bird of New Zealand.
- Kiwi have 2x the Vitamin C of oranges and are a rich source of Vitamin E & 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 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 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: Kiwifruit, Green, Raw

Do you think the outside of your fruit looks like the feathers of the bird it's named after ?



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RAINBOW CARROT COINS



PRODUCE PARTICULARS

- Rainbow Carrots are a great source of Vitamin A. One medium carrot provides more than 200% of your recommended daily intake.
- A rainbow in every pack! Each color tastes slightly different and contains a specific set of phytonutrients and antioxidants, which offer slightly different nutritional benefits.

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 70mg	3%
Total Carbohydrate 10g	3%
Dietary Fiber 3g	10%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	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	
INGREDIENTS: Carrots, Raw	

TRY IT!

- Have students practice their colors by naming ones found in their pack!