

# PURPLE SWEET POTATO COINS



Purple sweet potatoes may also be known as 'Okinawan sweet potatoes' or 'Hawaiian sweet potatoes.'

## PRODUCE PARTICULARS

The high antioxidant content in these pigmented potatoes helps fight inflammation.

Purple sweet potatoes are a great source of Vitamin A, and a good source of Vitamin C.

Purple sweet potatoes are slightly sweeter than their orange counterparts!



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 130**

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 55mg	2%
Total Carbohydrate 28g	10%
Dietary Fiber 4g	14%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 340mg	8%

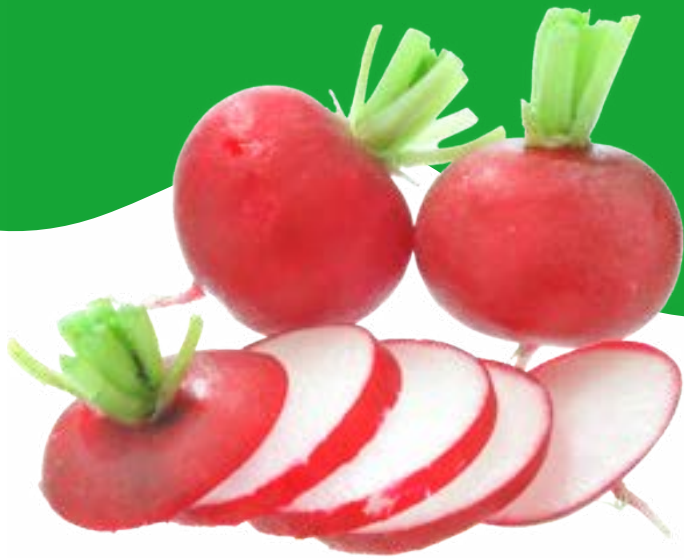
\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: Sweet Potato, Raw, Unprepared

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# RADISH COINS



The amount of radishes sold every year in the US is equal to the weight of 40 blue whales. Whoa!

## PRODUCE PARTICULARS

Radishes have been eaten around the world for so long, there aren't any records to show where they truly originated.

Radishes are a good source of vitamin C and B9 and the greens on top are a great source of minerals like iron, potassium, and calcium.

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



### Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>15</b>
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 40mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	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	
INGREDIENTS: Radishes, Raw	

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# RAINBOW CARROT COINS



Can you think of other fruits and vegetables that come in other colors?

## 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

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# RAINBOW CAULIFLOWER



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.

## 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
<hr/>	
Amount per serving	
<b>Calories</b>	<b>30</b>
<hr/>	
	% 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%
<b>Protein 2g</b>	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.6mg	4%
Potassium 300mg	6%
<hr/>	
* 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>Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4</small>	

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# RAINBOW SHREDDED CARROTS



Can you name all the colors of the carrots you see?

## PRODUCE PARTICULARS

Rainbow carrots come in all sorts of varieties: yellow stone, white satin, purple haze, black knight, nantes and atomic red.

Purple carrots were commonly eaten 1,000 years ago in what is now Afghanistan, with yellow carrots to follow into the 1,500s.



### 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

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# RASPBERRIES



Raspberries were once a symbol of kindness.

How can you be kind to someone today?

## PRODUCE PARTICULARS

Raspberries contain more vitamin C than an orange and they are rich in antioxidants.



Though closely related, the main difference between raspberries and blackberries is that raspberries have a hollow core in the middle while blackberries do not.



In the US, about 90% of all raspberries sold come from Washington, California and Oregon.



### Nutrition Facts

1 serving per container		
<b>Serving size</b>	<b>100 g</b>	
<hr/>		
Amount per serving		
<b>Calories</b>	<b>50</b>	
<hr/>		
	<b>% Daily Value *</b>	
<b>Total Fat</b> 0.5g	1%	
Saturated Fat 0g	0%	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	0%	
<b>Sodium</b> 0mg	0%	
<b>Total Carbohydrate</b> 12g	4%	
Dietary Fiber 7g	23%	
Total Sugars 4g		
Includes 0g Added Sugars	0%	
<b>Protein</b> 1g		
Vitamin D 0mcg	0%	
Calcium 20mg	2%	
Iron 0.7mg	4%	
Potassium 150mg	4%	
<hr/>		
* 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.		
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Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

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# RASPBERRIES & GRAPES



Jelly is made from fruit juice and jams are made from the whole crushed fruit. Which one do you like on your toast?

## PRODUCE PARTICULARS

Raspberries contain more Vitamin C than an orange and are rich in antioxidants.



Grapes are high in Vitamin K which helps the blood heal wounds and build healthy bones.



The United States is the largest consumer of grapes, eating over half a million tons annually. That's a lot of grapes!



Nutrition Facts		
1 serving per container		
Serving size	100 g	
Amount per serving		
<b>Calories</b>	<b>60</b>	
	% Daily Value *	
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 0mg	0%	
Total Carbohydrate 15g	5%	
Dietary Fiber 4g	13%	
Total Sugars 10g		
Includes 0g Added Sugars	0%	
Protein 1g		
Vitamin D 0mcg	0%	
Calcium 20mg	2%	
Iron 0.5mg	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

# RED & GOLDEN BEET COINS



The different shades of rings you see in your slices are created by varying weather during growing season.



## PRODUCE PARTICULARS

Beets come in several colors—golden, white, purple, pink and even striped!



Beets have the highest sugar content of any vegetable.



Need a little energy? The nitrates in beets have been shown to help your blood carry more oxygen, which helps the blood cells in your body perform at their best!



### 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

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# RED BELL PEPPER STRIPS



Peppers are actually fruits because they are produced from a flowering plant and contain seeds, even though most people think of them as vegetables.

## PRODUCE PARTICULARS

Bell peppers, like most other peppers, are native to Central and South America.



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



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	
<b>Calories</b>	<b>30</b>
	% 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	
INGREDIENTS: Peppers, Sweet, Red, Raw	

# RED & GREEN BELL PEPPER STRIPS



Peppers are actually fruits because they are produced from a flowering plant and contain seeds, even though most people think of them as vegetables.

## PRODUCE PARTICULARS

Bell peppers, like most other peppers, are native to Central and South America.



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



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	
<b>Calories</b>	<b>25</b>
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.4mg	2%
Potassium 150mg	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, Green, Raw, Peppers, Sweet, Red, Raw

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# RED & GREEN CABBAGE



Red cabbage is sometimes called purple cabbage. Can you name other purple colored vegetables?

## PRODUCE PARTICULARS



Cabbage is from the family Cruciferae. The family name comes from the Latin word meaning cross, because the flowers are cross-shaped.



Cabbage is associated with several cultural dishes, among them: Irish, Russian, and Chinese.



### 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	10mg	0%
Total Carbohydrate	3g	1%
Dietary Fiber	1g	4%
Total Sugars	2g	
Includes	0g Added Sugars	0%
<b>Protein</b>	<b>1g</b>	
Vitamin D	0mcg	0%
Calcium	20mg	2%
Iron	0.2mg	2%
Potassium	80mg	2%

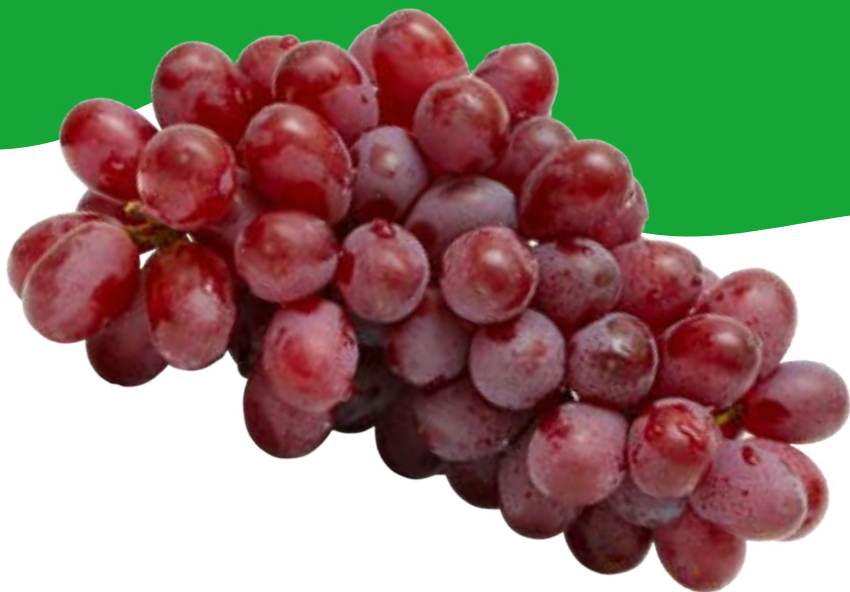
\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: Cabbage, Raw, Cabbage, Red

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# RED GRAPES



Grapes are a type of berry!

Can you name some other berries that are red like grapes?

## PRODUCE PARTICULARS

The United States is the largest consumer of grapes, eating over half a million tons annually. That's a lot of grapes!

Grapes are a good source of Vitamin K, which has been shown to help heal wounds and protect bones.

Did you know that jelly is made from fruit juice and jams are made from the whole crushed fruit?



### Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>70</b>
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 16g	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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# 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

Grape 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	
<b>Calories</b>	<b>70</b>
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	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	

# ROMANESCO FLORETS



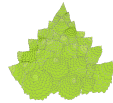
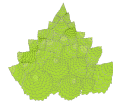
Romanesco, also called Roman cauliflower, hails from Northern Italy and is a striking bright lime-green color.

## 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
<hr/>	
Amount per serving	
<b>Calories</b>	<b>30</b>
	<b>% Daily Value *</b>
<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> 6g	2%
Dietary Fiber 3g	11%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 3g	
<b>Vitamin D</b> 0mcg	0%
<b>Calcium</b> 30mg	2%
<b>Iron</b> 0.7mg	4%
<b>Potassium</b> 300mg	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: Romanesco, Raw

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# SMITTEN APPLES



Smitten® apples are annually promoted as a snack on Valentine's Day, continuing the marketing theme of love and having lasting favor for the fruits.

## PRODUCE PARTICULARS

Smitten is a modern apple variety, developed in New Zealand.

Apples are high in both Vitamin C and Fiber.

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		
<b>Calories</b>	<b>60</b>	
% 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	5%	
Total Sugars 10g		
Includes 0g Added Sugars	0%	
Protein 0g		
Vitamin D 0mcg	0%	
Calcium 10mg	0%	
Iron 0.1mg	0%	
Potassium 100mg	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, Red Delicious, With Skin

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# RUBY FROST APPLE SLICES



Ruby Frost Apples are great for baking!  
What are your favorite apple recipes?

## 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  
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

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# SNAPDRAGON APPLE SLICES



SnapDragon Apples have a long shelf life which means you can keep them around longer without throwing them out.

## PRODUCE PARTICULARS

SnapDragon Apples are said to have a sweet taste with a slight hint of spice, as well as a vanilla flavor!



These apple varieties are an excellent source of fiber, and are high in Vitamin C.



They were bred from the popular honeycrisp apple and are favored by consumers for their sweet, crisp, and juicy flesh.



### Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>60</b>
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	6%
Dietary Fiber 2g	8%
Total Sugars 12g	
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, Fuji, With Skin

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# SNOW PEAS



The French term for snow peas is mangetout, which basically means "eat it all". This means you don't have to cut off or peel anything to eat this food. What other foods can you eat "it all"?

## PRODUCE PARTICULARS

Snow peas are high in Vitamin C and are a good source of Vitamins A and K as well as iron and magnesium.

Snow peas are quite similar to typical peas, except they have a softer pod and taste sweeter.

Snow 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		
<b>Calories</b>	<b>40</b>	
	% 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 0	Carbohydrate 4	Protein 4

# SOUR RED CHERRIES



Tomatoes start out green when on the vine, then turn red when ripened. What other foods change colors as they grow and ripen?

## PRODUCE PARTICULARS

Traverse City, Michigan is known as the "Sour Cherry Capitol of the United States", and accounts for over seventy percent of the country's Sour cherry production!



These fruits are generally considered as too sour to be enjoyed raw, and are mostly used in cooking - like jams and sauces.



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 50**

	% 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> 12g	4%
Dietary Fiber 2g	6%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	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: Cherries, Sour, Red, Raw

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# STRAWBERRIES



Strawberries are covered in seeds!  
Each berry has about 200 seeds on  
its surface.  
Try counting as many as you can!

## PRODUCE PARTICULARS

About eight medium strawberries can  
provide about 150% of the recommended  
daily value of Vitamin C.



The average American eats about 3.5  
pounds of fresh strawberries a year, not  
including nearly 2 pounds of frozen  
strawberries.



Strawberries are grown in every state in  
the U.S. and in every Canadian province.



### Nutrition Facts

1 serving per container	
Serving size	100 g
<hr/>	
Amount per serving	
<b>Calories</b>	<b>30</b>
<hr/>	
	% 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 2g	7%
Total Sugars 5g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	
<hr/>	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 150mg	4%
<hr/>	
* 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.	
<hr/>	
Calories per gram: Fat 9    +    Carbohydrate 4    +    Protein 4	

# STRAWBERRIES & BLUEBERRIES



Strawberries and blueberries are tiny fruits with BIG names! Can you count how many letters are in "strawberry"? How many syllables are in "blueberry"?

## 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	
<b>Calories</b>	<b>45</b>
% 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%
<b>Protein 1g</b>	
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

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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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# SWEET POTATO COINS



Sweet potatoes come in a variety of colors. Their skin can be brown, yellow, orange, red or purple. And their insides-- called flesh--can be white, orange or purple!

## PRODUCE PARTICULARS

Sweet potatoes are known for being high in Vitamins A and C, and for their high fiber content.

Furthermore, a sweet potato is not the same as a potato. Sweet potatoes are roots and potatoes are tubers.

Many people think that sweet potatoes and yams are the same thing. In fact, they are different vegetables!



### Nutrition Facts

1 serving per container  
Serving size 2 oz (57g)

Amount per serving  
**Calories 50**

	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 30mg	1%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 20mg	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

INGREDIENTS: Sweet Potato, Raw, Unprepared

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# SWEET RED CHERRIES



Did you know?

One cherry tree produces about 7,000 cherries!

## PRODUCE PARTICULARS

Cherries are a good source of vitamin C, potassium, calcium, magnesium, iron, and folate.



They also have antioxidant properties that can be good for your heart health!



Cherries are also inflammatory - which may help you reduce the risk of illness and promote overall health.



### 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 2g	8%
Total Sugars 13g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	2%
Iron 0.4mg	2%
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: Cherries, Sweet, Raw

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# TANGERINE WEDGES



The tangerine is a variety of mandarin orange, named for its place of origin in Tangier, Morocco.

## PRODUCE PARTICULARS

Like all citrus fruits, tangerines have an abundance of vitamin C.

Tangerines contain a relatively large variety and amount of phytonutrients, which can protect cells from damage and reduce inflammation.

You can actually eat the peel of a tangerine too! The peel contains antioxidants that are shown to help lower cholesterol.



### Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>50</b>
	% 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 2g	6%
Total Sugars 11g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
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: Tangerines, (Mandarin Oranges), Raw

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# TRI-COLOR BELL PEPPERS



These Colors are like the ones we see on stoplights. Do you know what each color means?

## 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		
<b>Calories</b>	<b>25</b>	
	% 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%	
<b>Protein 1g</b>		
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

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# TURNIP WEDGES



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?

## 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  
**Calories 30**

% 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

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# UGLI FRUIT WEDGES



There are over 100 different varieties of citrus fruits.

Can you name other kinds of citrus fruits?

## PRODUCE PARTICULARS

Ugli fruit is grown in Jamaica and is a cross between an orange and a grapefruit. It's sweet and tangy with orange flesh and its thick, rough, bumpy skin is greenish orange or sometimes yellow.



Abundant in Vitamin C, it supports your body in wound healing and the development of collagen, a key component of skin, muscle and connective tissue. It also contains folate, calcium and potassium – vital nutrients that play important roles in metabolism, muscle control, bone health and heart health.



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 45**

	% 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> 11g	4%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0mg	0%
Potassium 0mg	0%

\* 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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# WATERMELON



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

## 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  
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 0g	0%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	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: Watermelon, Raw

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# WATERMELON RADISH COINS



Radishes can be green, white, yellow, pink, purple, red and even black! What other foods come in different colors like this?

## 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		
<b>Serving size</b>	100 g	
<b>Amount per serving</b>		
<b>Calories</b>	<b>20</b>	
<b>% Daily Value *</b>		
Total Fat 0g	0%	
Saturated Fat 0g	0%	
Trans Fat 0g		
Cholesterol 0mg	0%	
Sodium 20mg	1%	
<b>Total Carbohydrate 4g</b>	<b>1%</b>	
Dietary Fiber 2g	6%	
Total Sugars 3g		
Includes 0g Added Sugars	0%	
<b>Protein 1g</b>		
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

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# WHITE ASPARAGUS



If you watch closely, you can actually see asparagus grow! During warm summer weather asparagus can grow up to 7 inches in a single day.

## PRODUCE PARTICULARS

Asparagus is high in anti-inflammatory nutrients and provides a wide variety of antioxidant nutrients.

They contain Vitamin C, beta-carotene, Vitamin E, and the minerals zinc, manganese, and selenium.

Green asparagus gets its bright color from being grown in the sunshine, but white asparagus is grown while covered in dirt to keep the sunlight away and give it a unique color!

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### Nutrition Facts

1 serving per container		
Serving size	100 g	
Amount per serving		
<b>Calories</b>	<b>20</b>	
% 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 2g	8%	
Total Sugars 2g		
Includes 0g Added Sugars	0%	
<b>Protein 2g</b>		
Vitamin D 0mcg	0%	
Calcium 20mg	2%	
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: Asparagus, Raw

# WHITE GRAPES



Grapes are actually a kind of berry! They have a leathery covering and a fleshy inside. Can you name other types of berries?

## PRODUCE PARTICULARS

There are more than 8,000 varieties of grapes that can be found throughout the world—white, red, black, blue, green, purple and golden.



Grapes are high in Vitamin K which is known to help your blood to heal wounds and build healthy bones.



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>70</b>
	% 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%
<b>Protein 1g</b>	
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	



# YELLOW SQUASH COINS



Yellow squash contain manganese.  
This mineral helps to boost bone strength!

## PRODUCE PARTICULARS

This summer squash is related to pumpkins, cucumbers and melons.

California is the number one state in squash production followed by Florida, Georgia and Michigan.

Yellow Squash provides a variety of nutrients including potassium, magnesium, phosphorous, and Vitamins A & C.

### 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 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
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

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# YELLOW SQUASH & ZUCCHINI COINS



Zucchini and Yellow Squash are cousins! While they are strikingly similar in flavor and texture, they are not the same. Do you have any cousins?

## PRODUCE PARTICULARS

Are green and yellow squash the same? Here's the scoop: all zucchini are squash, but not all squash are zucchini. Kind of like how a square is a rectangle, but a rectangle is not a square. Confused yet?

Both items in this yummy veggie blend are known for having folate. Folate (vitamin B-9) is important in red blood cell formation and for healthy cell growth and function.



### Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>15</b>
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	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: Squash, Summer, Zucchini, Includes Skin, Raw, Squash, Summer, All Varieties, Raw

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# YELLOW BELL PEPPERS



Bell peppers also come in green, orange, and red. Have you tried any other kinds of 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 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	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

INGREDIENTS: Peppers, Sweet, Yellow, Raw

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# ZUCCHINI SQUASH COINS



The word zucchini comes from the Italian word "zucchini", which translates as "tiny squash"  
Try saying ZUCCHINO! (zoo-chee-no)

## PRODUCE PARTICULARS

Because they grow from a plant blossom (flower) and have seeds, zucchini are technically a fruit.



Zucchini is believed to improve digestion, blood sugar levels, eye health, heart health, thyroid and adrenal functions, and inflammation!



Nutrition Facts	
1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>15</b>
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 260mg	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: Squash, Summer, Zucchini, Includes Skin, Raw, Squash, Summer, All Varieties, Raw	

# ZUCCHINI SQUASH & GRAPE TOMATOES



You have two types of circles in your snack packet. What is the difference between them?

One is a sphere and one is a coin!

## PRODUCE PARTICULARS

Most of the Vitamin A in grape tomatoes comes from lycopene, which is the pigment in the tiny tomato responsible for its bright red color.



Zucchini is believed to improve digestion, blood sugar levels, eye health, heart health, thyroid and adrenal functions, and inflammation!



### Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
<b>Calories</b>	<b>20</b>
	% 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	2%
Iron 0.3mg	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: Squash, Summer, Zucchini, Includes Skin, Raw, Tomatoes, Red, Ripe, Raw, Year Round Average

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