

ZUCCHINI SQUASH & GRAPE TOMATO



2 oz preportioned serving

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	23
Calories	
* % Daily Value *	
Total Fat 1.7g	2 %
Total Carbohydrate 2g	1 %
Dietary Fiber 0.7g	2 %
Sugar 0g	
Protein 1.3g	3 %
Vitamin D mcg	N/A
Calcium 14mg	1 %
Iron 0.5mg	3 %
Potassium mg	N/A

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.

FOOD FACTS

- 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 proven to improve digestion, blood sugar levels, eye health, heart health, thyroid and adrenal functions, and inflammation!

TRY IT!

You have two types of circles in your snack packet.

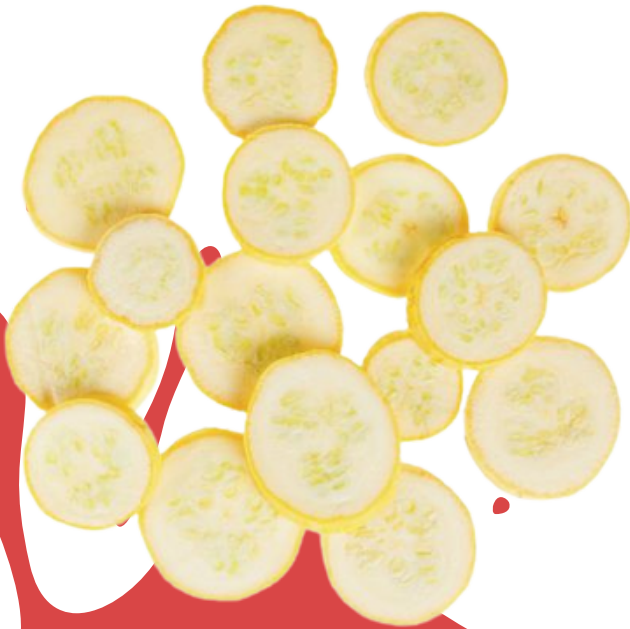
What is the difference between them?

One is a sphere and one is a coin!

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YELLOW SQUASH COINS

2 oz preportioned serving



FOOD FACTS

- Yellow Squash is high in vitamins A, B6, and C, folate, magnesium, fiber, riboflavin, phosphorus, and potassium - A serious power-packed veggie!
- California is the number one state in squash production followed by Florida, Georgia and Michigan.
- This summer squash is related to pumpkins, cucumbers and melons.

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	11
Calories	
% Daily Value *	
Total Fat 0.2g	0 %
Saturated Fat 0.1g	0 %
Sodium 1.1mg	0 %
Total Carbohydrate 2.2g	1 %
Dietary Fiber 0.6g	2 %
Sugar 1.6g	
Protein 0.6g	1 %
Vitamin D 0mcg	0 %
Calcium 12mg	1 %
Iron 0.3mg	2 %
Potassium 126mg	3 %

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Yellow squash are rich in manganese.

This mineral helps to **boost bone strength!**



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WATERMELON



2 oz preportioned serving

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	17
Calories	
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 0.6mg	0 %
Total Carbohydrate 4.3g	2 %
Dietary Fiber 0.2g	1 %
Sugar 3.5g	
Protein 0.4g	1 %
Vitamin D 0mcg	0 %
Calcium 4mg	0 %
Iron 0.1mg	1 %
Potassium 64mg	1 %

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FOOD FACTS

- 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!

DID YOU KNOW?

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



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BLACKBERRIES



2 oz preportioned serving

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	
Calories	24
% Daily Value *	
Total Fat 0.3g	0 %
Sodium 0.6mg	0 %
Total Carbohydrate 5.5g	2 %
Dietary Fiber 3g	11 %
Sugar 2.8g	
Protein 0.8g	2 %
Vitamin D 0mcg	0 %
Calcium 16mg	1 %
Iron 0.4mg	2 %
Potassium 92mg	2 %

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FOOD FACTS

- The nutrients in blackberries contribute to improved immune function, improved digestive health, healthy heart function, cancer prevention, weight management, strong bones, improved eyesight, proper blood clotting, healthier skin, improved memory and various cognitive benefits. What a powerful berry!
- Blackberries are native to North America, but there are varieties of similar berries that grow wild all over the world.

DID YOU KNOW?

Blackberries turn from green to red to blackish-blue when they're fully ripe.

What other foods change colors while it grows and ripens?

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STRAWBERRIES & BLUEBERRIES

2 oz preportioned serving



FOOD FACTS

- 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	
Portion Size	57 g
Amount Per Portion	28
Calories	
	% Daily Value *
Total Fat 0.2g	0 %
Total Carbohydrate 6.1g	2 %
Dietary Fiber 1.2g	4 %
Sugar 3.7g	
Protein 0.4g	1 %
Vitamin D mcg	N/A
Calcium 0mg	0 %
Iron 0.3mg	2 %
Potassium 57mg	1 %

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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 BELL PEPPER STRIPS

2 oz preportioned serving



FOOD FACTS

- These peppers are low in calories and a particularly rich 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	
Portion Size	57 g
<hr/>	
Amount Per Portion	10
Calories	
<hr/>	
	% Daily Value *
Total Fat 0g	0 %
Total Carbohydrate 2.7g	1 %
Dietary Fiber 0.7g	2 %
Sugar 0g	
Protein 0.7g	1 %
<hr/>	
Vitamin D mcg	N/A
Calcium 5.1mg	0 %
Iron 0.7mg	4 %
Potassium 50mg	1 %
<hr/>	
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.</small>	

DID YOU KNOW?

Green bell peppers are the most popular type of pepper in the U.S.

What another one of your favorite GREEN veggies?

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HONEYDEW & CANTALOUPE CHUNKS

2 oz preportioned serving



FOOD FACTS

- Honeydew melon contains several nutrients that are vital for repairing and maintaining strong bones, including folate, Vitamin K and magnesium. Its high content of Vitamin C supports your immune system and healthy skin.
- Cantaloupe is high in beta-carotene, giving it a beautiful orange coloring. It's also a rich source of Vitamin C, A, and potassium, magnesium, Vitamin K, zinc and folate.
- Both cantaloupe and honeydew melon are about 90% water and contain abundant electrolytes. This combination of water and nutrients makes these melons great for hydrating after a recess, when you feel sick or if you're just trying to stay hydrated throughout the day.

Nutrition Facts	
Portion Size	57 g
Amount Per Portion	
Calories	20
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 10mg	0 %
Total Carbohydrate 5.2g	2 %
Dietary Fiber 0.5g	2 %
Sugar 4.6g	
Protein 0.3g	1 %
Vitamin D 0mcg	0 %
Calcium 3.4mg	0 %
Iron 0.1mg	1 %
Potassium 129mg	3 %

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TRY IT!

What colors do you see in your snack pack?

What other fruits are
Orange
or **Green**?

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CARROT & RADISH COINS

2 oz preportioned serving



Nutrition Facts	
Portion Size	57 g
Amount Per Portion	
Calories	23
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 39mg	2 %
Total Carbohydrate 5.4g	2 %
Dietary Fiber 1.6g	6 %
Sugar 2.7g	
Protein 0.5g	1 %
Vitamin D 0mcg	0 %
Calcium 19mg	1 %
Iron 0.2mg	1 %
Potassium 181mg	4 %

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FOOD FACTS

- Carrots are a great source of Vitamin A, providing more than 200% of your daily requirement in one medium carrot.
- Radishes are high in Vitamin C, calcium and potassium. They are said to lower high blood pressure due to naturally occurring nitrates that improve blood flow.
- The average person consumes 10,866 pounds of carrots in their lifetime!
- The amount of radishes sold every year in the US is equal to the weight of 40 blue whales. Whoa!

TRY IT!

These are cut into circle, or coin shaped pieces.

- **Do you know the names of the money coins in the US and the amount of each one?**

Ex: The penny = 1 Cent

