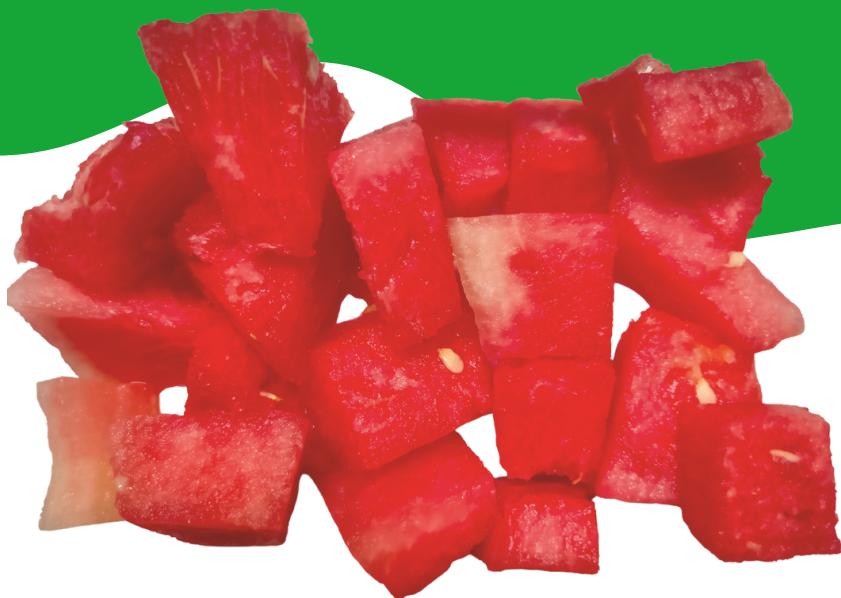


# WATERMELON



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%
Protein	1g	
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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# 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 *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
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

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# 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	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>45</b>
	<small>% Daily Value *</small>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 11g	<b>4%</b>
Dietary Fiber 2g	8%
Total Sugars 7g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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

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# CANTALOUPE



Can you list the other types of melons?

Which one is your favorite type of melon?

## PRODUCE PARTICULARS

Cantaloupe is high in beta-carotene, a natural pigment that gives both cantaloupe and carrots their orange color.



Cantaloupes are about 90% water and provide a delicious way to stay hydrated. They also provide potassium, an electrolyte that supports healthy hydration.



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 35**

	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 15mg	1%
<b>Total Carbohydrate</b> 8g	3%
Dietary Fiber 1g	3%
Total Sugars 8g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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

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# GRAPE TOMATO MEDLEY



Originally developed in the 1990's, these tiny tomatoes have become popular because of their sweetness and one-bite size.

## PRODUCE PARTICULARS

Grape tomatoes often grow in large bunches of around 20 fruits!

Grape tomatoes contain a great amount of Vitamin C and a good amount of Vitamin A.

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.



### 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 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 0%

Iron 0.3mg 2%

Potassium 240mg 6%

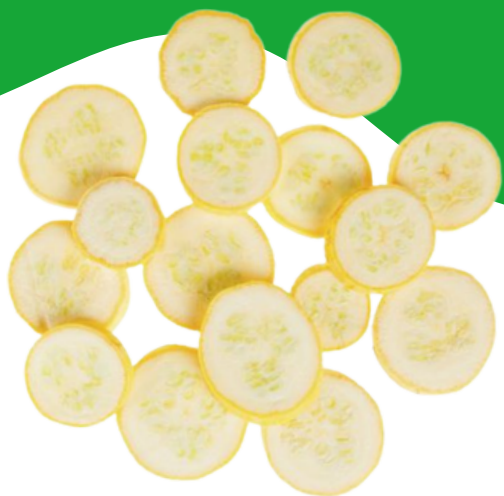
\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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# 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	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>20</b>
	<small>% Daily Value *</small>
<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> 4g	<b>1%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 220mg	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>	

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# 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 *
<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> 18g	7%
Dietary Fiber 1g	3%
Total Sugars 15g	
Includes 0g Added Sugars	0%
<b>Protein</b> 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

# FRESHEALTH

# CUCUMBER SLICES



It only takes 12 weeks from planting seed to harvesting cucumbers. How many months is 12 weeks?

## PRODUCE PARTICULARS

Cucumbers are made up of 95% water! Snacking on cucumbers can also help you feel fuller while hydrating you.



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



Cucumbers are a source of potassium, a mineral that supports a healthy heart and muscles.



### 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%

\* 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: Cucumber, With Peel, Raw

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