

HONEYDEW MELON CHUNKS



The Melon Family, Cucurbitaceae, is a plant family commonly known as melons, gourds or cucurbits. Can you name foods that would fit in this family?

PRODUCE PARTICULARS

Honeydew melons are an excellent source of Vitamin C, an important nutrient for healthy skin and which supports wound healing.

Honeydew melon is about 90% water and contains electrolytes. This makes honeydew great for hydrating after a recess, when you feel sick, or if you're just trying to stay hydrated throughout your day.



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 20mg	1%
Total Carbohydrate 9g	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	0%
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

FRESHEALTH

CANDY CANE BEETS



These fun and funky beets may look like a candy cane, but they're actually called Chioggia. It's an Italian word, pronounced k-ee-OH-g-ee-aa.



PRODUCE PARTICULARS

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

Beets are a part of the *Chenopodiaceae* family, also known as the Goosefoot family. Other members of this botanical family include spinach, Swiss chard and quinoa!



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%

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FRUIT CUP



What Colors do you see?

Try naming all the colors you see in this fruit pack!

PRODUCE PARTICULARS

Cantaloupe are very high in beta-carotene, which gives the fruit its beautiful orange coloring.

Honeydew is the sweetest of all the melon varieties.

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



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 10mg	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	3%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 230mg	4%

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

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DAIKON 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

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%

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

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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%

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general nutrition advice.

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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BROCCOLINI



Broccolini is also commonly called baby broccoli.



PRODUCE PARTICULARS

Broccolini is a member of the Brassicaceae family, along with broccoli, Brussels sprouts, cabbage, cauliflower, collard greens, kale, and turnips.



Broccolini is completely edible-- the stems, leaves, and florets!



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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 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 5g	18%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 0mg	0%

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