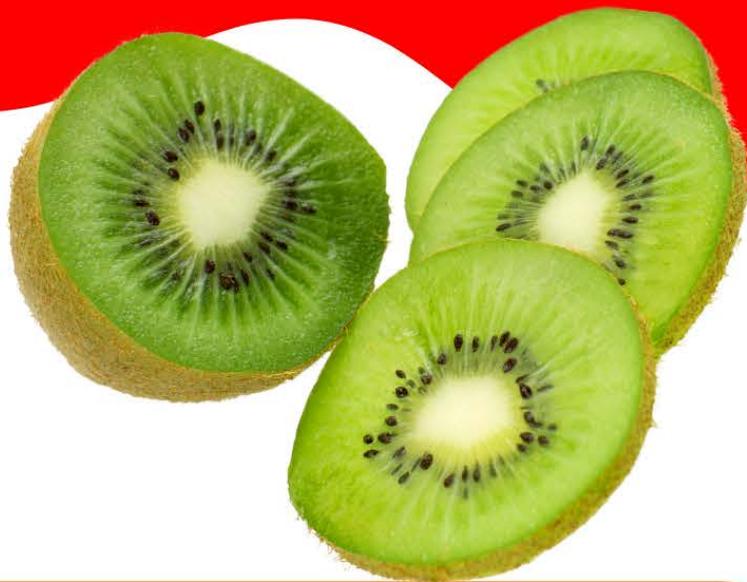


# KIWI SLICES



The kiwi fruit is named after a fuzzy bird called by the same name. Do you think the skin of a kiwi looks like a bird?

## PRODUCE PARTICULARS

Kiwi have almost 2x the Vitamin C of oranges and are a source of Vitamins E and K.

Originally called a Chinese Gooseberry, this fruit was given its common name because they resemble the kiwi bird of New Zealand.

You can easily eat a kiwi by cutting it in half and using a spoon to scoop it out! You can even eat the skin!



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
<b>% Daily Value *</b>	
<b>Total Fat</b> 0.5g	<b>1%</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> 15g	<b>5%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 9g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 0.3mg	<b>2%</b>
Potassium 310mg	<b>6%</b>
<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>	

# RAINBOW BABY CARROTS



Rainbow baby carrots have a naturally sweet flavor that appeals to kids and adults alike, making them a tasty and healthy snack option.

## PRODUCE PARTICULARS

Rainbow baby carrots come in a variety of vibrant colors, including purple, yellow, orange, and white. Each color offers its own unique flavor and nutritional benefits.



Despite their small size, rainbow baby carrots are packed with important nutrients like beta-carotene, which is good for your eyes, and vitamin C, which helps keep your immune system strong.



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>35</b>
<b>% Daily Value *</b>	
<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> 80mg	<b>3%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 3g	<b>10%</b>
Total Sugars 5g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 0.9mg	<b>4%</b>
Potassium 240mg	<b>6%</b>
<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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# BLUEBERRIES



## Did you know?

Blueberries are the only fruit (or vegetable) that is naturally blue!

## PRODUCE PARTICULARS

People have been eating blueberries for more than 13,000 years!



Blueberries are native to our very own continent of North America.



Blueberries are powerful - they're packed with important vitamins like Vitamin C to keep you strong and healthy, and Vitamin K that helps your bones and blood stay super strong!



### 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	9%
Total Sugars	10g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	0.3mg	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

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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  
**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

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# APPLES & 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.

## PRODUCE PARTICULARS

**Did you know? Grapes are actually considered berries!**



**Apples and grapes have the greatest variety of any other type of fruit.**



**Grapes are high in Vitamin K, which helps to heal wounds and build healthy bones.**



### 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	6%
Total Sugars	13g	
Includes 0g Added Sugars		0%
Protein	0g	
Vitamin D	0mcg	0%
Calcium	10mg	0%
Iron	0.2mg	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

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# 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!

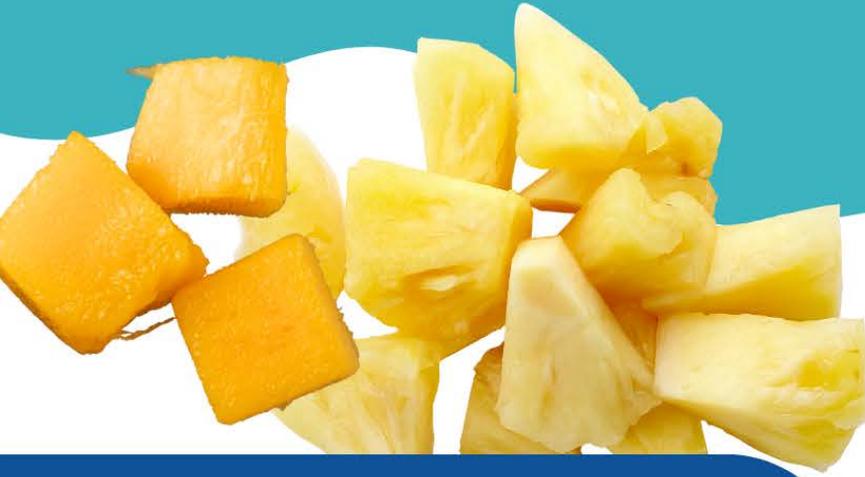


### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>30</b>
	<b>% Daily Value *</b>
<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> 6g	<b>2%</b>
Dietary Fiber 3g	<b>11%</b>
Total Sugars 3g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 3g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 0.7mg	<b>4%</b>
Potassium 300mg	<b>6%</b>
* 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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# PINEAPPLE & MANGO



Pineapples are actually made up of lots of little fruits that have fused together around a central core.

## PRODUCE PARTICULARS

Mangoes have been grown in India for over 4,000 years, making them one of the oldest cultivated fruits.

Despite their name, pineapples aren't related to pine trees or apples!

There are many types of mangoes, each with its own unique flavor, like Ataulfo, Haden, and Tommy Atkins.



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>60</b>
	<b>% Daily Value *</b>
<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> 14g	<b>5%</b>
Dietary Fiber 2g	<b>5%</b>
Total Sugars 12g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 1g	
Vitamin D 0mcg	<b>0%</b>
Calcium 10mg	<b>0%</b>
Iron 0.2mg	<b>2%</b>
Potassium 140mg	<b>2%</b>

\* 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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# ZUCCHINI SQUASH COINS



The word zucchini comes from the Italian word "zucchino", 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	
<b>Serving size</b>	<b>100 g</b>
<hr/>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>15</b>
	<b>% Daily Value *</b>
<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> 5mg	<b>0%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
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

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# YELLOW GRAPE TOMATOES



Yellow grape tomatoes are relatively easy to grow, making them a popular choice for home gardeners. Try growing some grape tomatoes this summer!

## PRODUCE PARTICULARS

Yellow grape tomatoes are packed with nutrients such as vitamin C, vitamin A, and antioxidants, which are important for overall health and immune function.



Like all tomatoes, yellow grape tomatoes have a high water content, which helps keep you hydrated and contributes to overall hydration levels.



### Nutrition Facts

1 serving per container	
<b>Serving size</b>	<b>100 g</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>15</b>
<b>% Daily Value *</b>	
<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> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 3g	<b>1%</b>
Dietary Fiber 1g	3%
Total Sugars 0g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.5mg	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

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# BROCCOLI & CARROT



## Did you know?

In the United States, California produces 90% of the broccoli consumed by the world!

## PRODUCE PARTICULARS

Broccoli was first grown in Italy in ancient Roman times and was introduced to England and America in the 1700s.



Carrots have a special nutrient called beta carotene that helps you see well, grow strong, and stay healthy.



Broccoli is called the "Crown Jewel of Nutrition" because it has lots of amazing things in it that our bodies love, like fiber, Vitamin C, and Vitamin K. These nutrients keeps our tummies happy, our immune system strong, and our heart healthy!



### 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	50mg	2%
Total Carbohydrate	8g	3%
Dietary Fiber	3g	10%
Total Sugars	3g	
Includes 0g Added Sugars		0%
<b>Protein</b>	<b>2g</b>	
Vitamin D	0mcg	0%
Calcium	40mg	4%
Iron	0.5mg	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

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