



PINEAPPLE CHUNKS



It can take 3 years for a pineapple to grow.
How old were you 3 years ago?
How old will you be in 3 years?

PRODUCE PARTICULARS

In addition to Vitamin C, pineapples also contain Vitamins B6, E & K.

This delicious tropical fruit got its name from European explorers that thought that they looked like pine cones, which is why we call them pine apples still today.

Hawaii grows virtually all of the pineapples in the US!



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 50

% 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 1g 5%

Total Sugars 10g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 2%

Iron 0.3mg 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

FRESHEALTH

GREEN BEANS



Green beans originated in the Andes Mountain Range thousands of years ago. The Andes are located in South America. Can you find South American on a map?

PRODUCE PARTICULARS

Green beans are sometimes called snap beans or string beans.

There are more than 130 varieties of green beans! Green beans grow in two main ways: bush and pole. Bushes grow 1-2 feet tall. Pole beans can climb to around 10 feet tall and have to have a pole or wire to grow upright.

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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 5mg	0%
Total Carbohydrate 7g	3%
Dietary Fiber 3g	10%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 1mg	6%
Potassium 210mg	4%

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

PAPAYA CHUNKS



The papaya was introduced to Hawaii in the early 1800s. Today, Hawaii is the only U.S. state that grows papayas commercially. Can you find Hawaii on a map?

PRODUCE PARTICULARS

The papaya is a tropical fruit high in vitamins C and A and lycopene which helps keep your heart healthy and strong.

One of the most popular tropical fruits worldwide, papaya is ranked fourth in total tropical fruit production after bananas, oranges, and mango.

Papayas are believed to aid in better digestion, offer immune system support and better heart health. Papaya is also believed to prevent cancer because of its powerful antioxidants.



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 0%

Total Carbohydrate 11g 4%

Dietary Fiber 2g 6%

Total Sugars 8g

Includes 0g Added Sugars 0%

Protein 0g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.2mg 2%

Potassium 180mg 4%

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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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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%

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

FRESHEALTH

CELERY STICKS



The ancient Greeks used celery as flowers to reward winners of athletic games like the Olympics.

PRODUCE PARTICULARS

Each piece of celery is called a stalk, and when you put a bunch together, it's called a "bunch" of celery.

Celery is made up of about 95% water, making it a great way to stay hydrated on a hot day!

Celery leaves aren't just for show—they're full of vitamins and can be added to salads or soups for extra flavor!

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Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 15

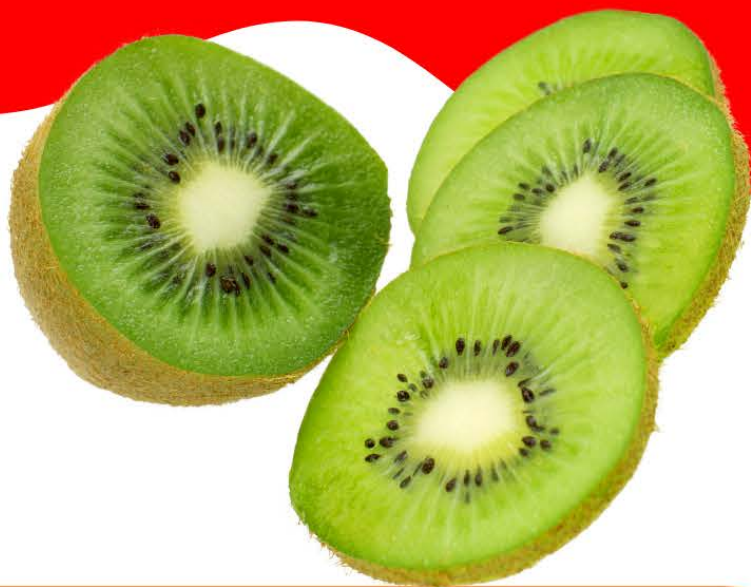
% Daily Value *

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	6%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.2mg	2%
Potassium 260mg	6%

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

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
Serving size 100 g

Amount per serving
Calories 60

% Daily Value *

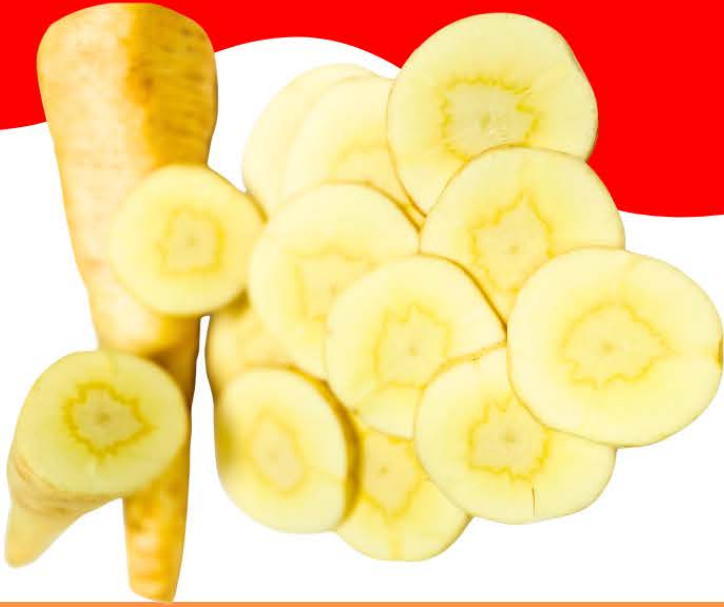
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	2%
Potassium 310mg	6%

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Fat 9 • Carbohydrate 4 • Protein 4

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PARSNIP COINS



In Europe, parsnips were commonly used to sweeten foods before sugar cane was introduced and readily available. Do you think this would make a good tasting cake?

PRODUCE PARTICULARS

Parsnips are a root vegetable and belong to the carrot family. The edible part is the white creamy colored root.

Parsnips are a root vegetable and belong to the carrot family. The edible part is the white creamy colored root.

Parsnips are an excellent source of vitamins C, B9 and K and minerals such as potassium, iron, calcium and copper.



Nutrition Facts

1 serving per container
Serving size 100 g

Amount per serving
Calories 80

% Daily Value *

Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 5g	18%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 40mg	2%
Iron 0.6mg	4%
Potassium 380mg	8%

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BLACK GRAPES



Black grapes get their color from anthocyanins, an antioxidant responsible for the color of other black, purple, and blue fruits and veggies.

PRODUCE PARTICULARS

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

Did you know that jelly is made from fruit juice and jams are made from the whole crushed 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	14g	5%
Dietary Fiber	4g	14%
Total Sugars	0g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	40mg	2%
Iron	0.3mg	2%
Potassium	200mg	4%

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Fat 9 • Carbohydrate 4 • Protein 4

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ORANGE BELL PEPPER STRIPS



Peppers are actually fruits because they are produced from a flowering plant and contain seeds! 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!

Bell peppers grow in a variety of colors such as green, red, yellow, orange, purple, white, brown and even multicolored!



FRESHEALTH

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%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 0%

Iron 0.5mg 2%

Potassium 210mg 4%

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