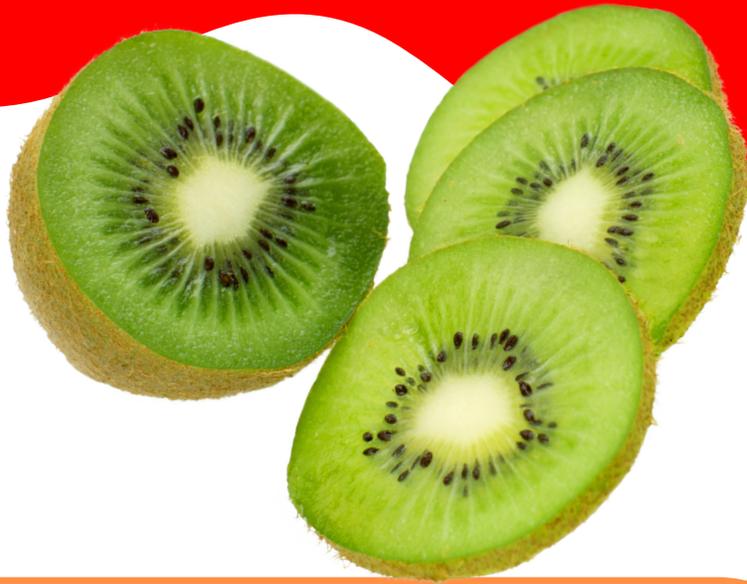


KIWI SLICES



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%

* 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: Kiwifruit, Green, Raw

FRESHEALTH

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	
Calories	15
	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 5mg	0%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.4mg	2%
Potassium 260mg	6%

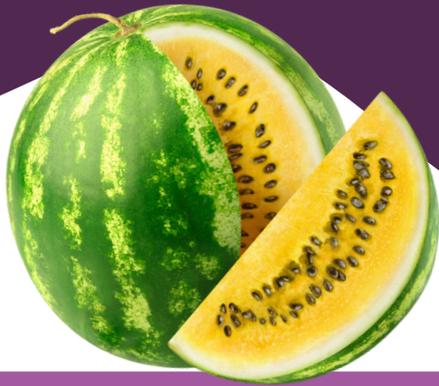
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: Squash, Summer, Zucchini, Includes Skin, Raw, Squash, Summer, All Varieties, Raw

FRESHEALTH

YELLOW WATERMELON



Yellow watermelons taste even sweeter than red ones, almost like a honey-like treat!

PRODUCE PARTICULARS

Did you know that yellow watermelons came before red ones? About 5000 years ago, people in Africa grew yellow watermelons. Over time, they mixed different types of watermelons together, and that's how we got the red watermelons we enjoy today!

Just like red watermelons, yellow watermelons are mostly water, which makes them super refreshing on a hot day.

Yellow watermelons are packed with vitamins A and C, making them a delicious and healthy snack.

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

FRESHEALTH

CAULIFLOWER



Cauliflower is well-named because it really is a flower. The part that we eat consists of a cluster of flower heads. If left alone, these would produce a cluster of tiny flowers.

PRODUCE PARTICULARS

Cauliflower comes in varying colors other than white such as green, purple and orange.

Cauliflower is related to broccoli, cabbage, kale, turnips, rutabagas and Brussels sprouts.

This vegetable is loaded with vitamins, primarily Vitamins C & K!



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 30mg 1%

Total Carbohydrate 5g 2%

Dietary Fiber 2g 7%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 20mg 2%

Iron 0.4mg 2%

Potassium 300mg 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: Cauliflower, Raw

FRESHEALTH

STRAWBERRIES & PINEAPPLE



Strawberries are a member of the rose family. These sweet and juicy berries are botanical relatives of those beautiful garden flowers.

PRODUCE PARTICULARS

About eight medium strawberries can provide about 150% of the recommended daily value of Vitamin C.

Pineapples don't grow on trees. In fact, they're tropical plants that belong to the bromeliad family. These spiky-looking fruits actually grow close to the ground, forming in the center of a leafy plant.

Strawberries are grown in every state in the U.S. and in every Canadian province.



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 10g 4%

Dietary Fiber 2g 6%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 1g

Vitamin D 0mcg 0%

Calcium 10mg 2%

Iron 0.4mg 2%

Potassium 130mg 2%

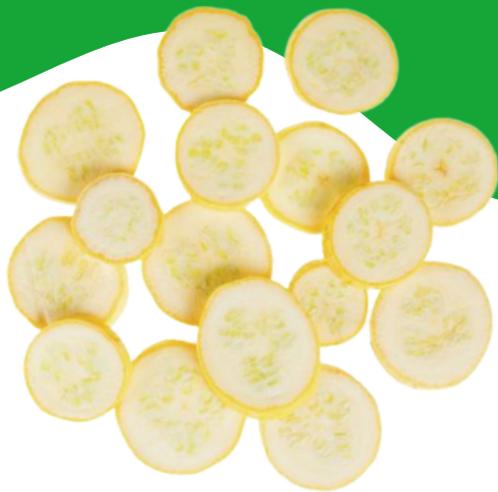
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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

INGREDIENTS: Strawberries, Raw, Pineapple, Raw, All Varieties

FRESHEALTH

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 is an excellent source of Vitamin C, a nutrient that helps your body heal cuts & scrapes.

Nutrition Facts

1 serving per container	
Serving size	100 g
Amount per serving	
Calories	20
	<small>% Daily Value *</small>
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 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>	

FRESHEALTH

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	
Calories	70
* % Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	3%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 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

GREEN BELL PEPPER STRIPS



Green bell peppers are the most popular type of pepper in the U.S. What another one of your favorite GREEN veggies?

PRODUCE PARTICULARS

Florida ranks second nationally in bell pepper production, accounting for most peppers eaten in the United States.

Green bell peppers are the same as the yellow, red and orange ones you see; they just haven't ripened all the way yet!

These peppers provide Vitamins B6 and C.



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 0mg	0%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 180mg	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: Peppers, Sweet, Green, Raw	

FRESHEALTH