

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

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%

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

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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%

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

Ingredients: Watermelon, Raw

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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%
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Calories per gram: Fat 9 * Carbohydrate 4 * Protein 4	

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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

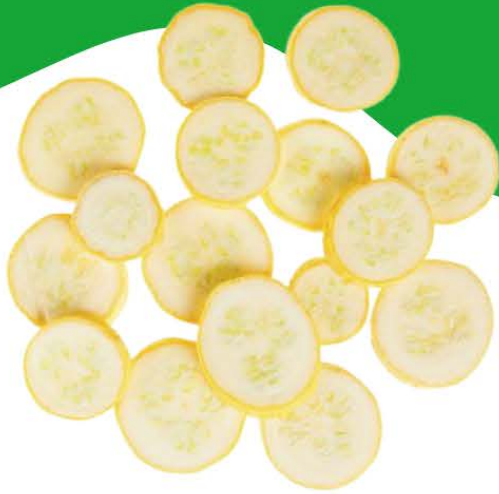
1 serving per container	
Serving size	100 g
Amount per serving	
Calories	70
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 18g	7%
Dietary Fiber 1g	3%
Total Sugars 15g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.4mg	2%
Potassium 190mg	4%

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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 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

% 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	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%

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

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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 *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 15mg	1%
Total Carbohydrate 8g	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	2%
Potassium 270mg	6%

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

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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%

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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

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

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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