

HONEYDEW & CANTALOUPE



What colors do you see in your snack pack? What other fruits are Orange or Green?

PRODUCE PARTICULARS

Honeydew melons contain Vitamins B6, E & K that are vital for repairing and maintaining strong bones. They also contain folate, potassium and magnesium.

Cantaloupe is high in beta-carotene, giving it a beautiful orange coloring. It's also a rich source of Vitamin C, A, and potassium, magnesium, Vitamin K, zinc and folate.

Both cantaloupe and honeydew melon are about 90% water and contain abundant electrolytes. This combination of water and nutrients makes these melons great for hydrating after a recess, when you feel sick or if you're just trying to stay hydrated throughout the 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 15mg	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	2%
Potassium 250mg	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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TURNIP WEDGES



There are over 30 varieties of turnips which differ in size, color, and flavor. Can you count to 30? What about counting to 30 by 5's?

PRODUCE PARTICULARS

Most turnip varieties have a slightly spicy taste if eaten raw.

Turnips are a good source of potassium, calcium, and vitamin C

Turnips are also low in calories as they are mostly fiber and water. Great for hydration and leave you feeling full!



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	65mg	3%
Total Carbohydrate	6g	2%
Dietary Fiber	2g	6%
Total Sugars	4g	
Includes 0g Added Sugars		0%
Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.3mg	2%
Potassium	190mg	4%

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

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SWEETANGO APPLES



Sweetango apples are a hybrid variety developed from a cross between the Honeycrisp and Zestar apples, combining the best qualities of both varieties!



PRODUCE PARTICULARS

Sweetango apples are known for their unique combination of sweetness and tanginess, making them a favorite among apple enthusiasts.

Like all apples, Sweetango apples are a good source of dietary fiber and vitamin C, which are important for digestive health and immune function.



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 14g	5%
Dietary Fiber 3g	9%
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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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

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GOLDEN BEET COINS



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



PRODUCE PARTICULARS

One cool thing about golden beets is that they don't stain your hands or clothes like red beets do. So, you can enjoy them without any messy clean-up!

Unlike red beets, golden beets have a sweeter and milder flavor, making them a great choice for kids who might not love the stronger taste of regular beets.

Beets are believed to originate along the coasts of the Mediterranean (sea beets) and were first cultivated for their edible leaves.

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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 8g	
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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Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

GRAPEFRUIT WEDGES



Grapefruit can come in red, white, yellow and pink! Can you find something around you that is each of these colors?

PRODUCE PARTICULARS

Grapefruit provides carbohydrates, the preferred source of fuel for your muscles and brain. Plus, their aroma promotes an uplifting, energizing feeling!

These have a water content as high as a watermelon—up to 92%, so they keep you hydrated.

Grapefruit flavor can vary from tart and sour or mildly sweet to super sweet.



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 1g	4%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.1mg	0%
Potassium 140mg	2%

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

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SWEET POTATO COINS



Sweet potatoes come in a variety of colors. Their skin can be brown, yellow, orange, red or purple. And their insides-- called flesh--can be white, orange or purple!

PRODUCE PARTICULARS

Sweet potatoes are known for being high in Vitamins A and C, and for their high fiber content.

Furthermore, a sweet potato is not the same as a potato. Sweet potatoes are roots and potatoes are tubers.

Many people think that sweet potatoes and yams are the same thing. In fact, they are different vegetables!



Nutrition Facts

1 serving per container
Serving size 2 oz (57g)

Amount per serving
Calories 50

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	6%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	2%
Potassium 190mg	4%

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

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