

MIXED FRUIT



What Colors do you see?

Try naming all the colors you see in this fruit pack!

PRODUCE PARTICULARS

Cantaloupe are very high in beta-carotene, which gives the fruit its beautiful orange coloring.

Honeydew is the sweetest of all the melon varieties.

Grapes are high in Vitamin K which helps the blood to heal wounds and builds healthy bones.



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	1%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	3%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
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	

INGREDIENTS: Melons, Cantaloupe, Raw, Melons, Honeydew, Raw, Grapes, Red Or Green (European Type, Such As Thompson Seedless), Raw

FRESHEALTH

RAINBOW BABY CARROTS & CAULIFLOWER



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

Carrots can be eaten raw, cooked, or even made into carrot cake!



Cauliflower is a flower! If left to grow, it would bloom into a big bouquet.



Farmers plant carrot seeds in cool weather—they grow best in the spring and fall!



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	55mg	2%
Total Carbohydrate	7g	2%
Dietary Fiber	2g	9%
Total Sugars	3g	
Includes 0g Added Sugars	0%	
Protein	1g	
Vitamin D	0mcg	0%
Calcium	30mg	2%
Iron	0.7mg	4%
Potassium	270mg	6%

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

FRESHEALTH

GRANNY SMITH APPLES



Apples grow on trees and bloom in the spring. They are ready for harvest between August and October! Have you seen an apple tree in the fall?

PRODUCE PARTICULARS

Apples are high in both Vitamin C and Fiber.

Americans eat more apples per capita than any other fruit. The average American eats about 16 pounds of fresh apples and 28 pounds of processed apples like juice, cider, or sauce, for a total of about 44 pounds per person per year.

The top 10 varieties produced in the US are: Red Delicious, Golden Delicious, Gala, Granny Smith, Fuji, Honeycrisp, McIntosh, Rome, Cripps Pink, and Empire.



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 3g	10%
Total Sugars 10g	
Includes 0g Added Sugars	0%
Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.2mg	0%
Potassium 120mg	2%

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

FRESHEALTH

CARROT & RADISH COINS



If you leave a radish in the ground, it can grow tall and sprout pretty white or pink flowers.



PRODUCE PARTICULARS

Carrots and radishes are both root vegetables! Other root vegetables include: potatoes, beets, parsnips, rutabagas, turnips, and sweet potatoes.

Carrots are an excellent source of vitamin A and Radishes are a good source of vitamin C and B9. Both are high in potassium. Both veggies are a good source of Vitamin K, which helps your body heal when you get a cut or scrape!



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 55mg	2%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 30mg	2%
Iron 0.3mg	2%
Potassium 280mg	6%

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

FRESHEALTH

PAPAYA, MANGO, PINEAPPLE BLEND



Papaya, mango, and pineapple have very different flavors. Can you describe the flavors of each fruit? How are they similar and how are they different?



PRODUCE PARTICULARS

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

Pineapples are high in vitamin C, which supports the immune system and provides antioxidant benefits.

Mangos contain over 20 different vitamins and minerals!



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 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	3%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.2mg	2%
Potassium 150mg	4%

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

FRESHEALTH

PURPLE ASPARAGUS



Asparagus has been cultivated for thousands of years, and purple asparagus is believed to have originated in the Mediterranean region.



PRODUCE PARTICULARS

Purple asparagus is often sweeter than green asparagus because it has a higher sugar content, making it a delicious option for kids.

The spears of purple asparagus are usually more tender and less fibrous than green asparagus, which makes them easier to chew and enjoy.

The anthocyanins that give purple asparagus its color are powerful antioxidants that help protect your body's cells from damage.



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 2g	8%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 2.1mg	10%
Potassium 180mg	4%

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FRESHEALTH

RED GRAPES



Grapes are a type of berry!

Can you name some other berries that are red like grapes?

PRODUCE PARTICULARS

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

Grapes are a good source of Vitamin K, which has been shown to help heal wounds and protect bones.

Did you know that jelly is made from fruit juice and jams are made from the whole crushed fruit?



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

FRESHEALTH

YELLOW BELL PEPPERS



Bell peppers also come in green, orange, and red. Have you tried any other kinds of bell peppers?

PRODUCE PARTICULARS

These peppers are low in calories and a vibrant source of Vitamins C and B6.

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

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



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

STRAWBERRIES & BLUEBERRIES



Strawberries and blueberries are tiny fruits with BIG names! Can you count how many letters are in "strawberry"? How many syllables are in "blueberry"?

PRODUCE PARTICULARS

Strawberries contain less carbohydrates and sugar than blueberries. But blueberries are known to have more fiber. Both berries are known to be a good source of natural sugar to keep you energized.

Both strawberries and blueberries are rich in antioxidants and anti-inflammatory compounds. These compounds can help combat illness and fight against free radicals that lead to multiple chronic diseases like diabetes, cancer and heart diseases.



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 0mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	8%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 120mg	2%

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FRESHEALTH

RAINBOW 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 is related to broccoli, cabbage, kale, turnips, rutabagas and Brussels sprouts!



The green cauliflower in your pack is actually called Romanesco! First documented in Italy in the 16th century, it is a little firmer than cauliflower and has a delicate, nutty flavor.



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 25mg 1%

Total Carbohydrate 6g 2%

Dietary Fiber 3g 9%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 30mg 2%

Iron 0.6mg 4%

Potassium 300mg 6%

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

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