

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

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

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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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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MANGO SLICES



The mango is symbol of friendship all over the world. Who's a friend you'd like to share your mangos with?

PRODUCE PARTICULARS

These tropical fruits are related to cashews and pistachios.

Each day, more mangoes are eaten in the world than any other fruit!

Mango is low in calories yet high in nutrients – particularly Vitamin C, which aids immunity, iron absorption, and cell growth and repair.



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Nutrition Facts

1 serving per container
Serving size 100 g

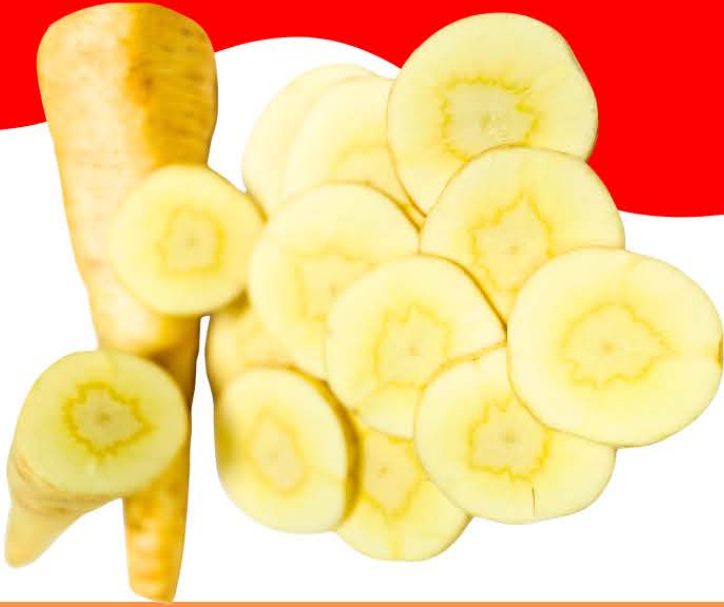
Amount per serving
Calories 60

	% Daily Value *
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 15g	5%
Dietary Fiber 2g	6%
Total Sugars 14g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	0%
Potassium 170mg	4%

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

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.

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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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FRESHEALTH

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

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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.



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Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	0mg	0%
Total Carbohydrate	14g	5%
Dietary Fiber	4g	14%
Total Sugars	0g	
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Iron	0.3mg	2%
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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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