



# APRIL 2026

## THIS MONTH'S THEME:

### Spring-ing into Snack Time

Happy April!

This season is full of fresh flavors, juicy bites, and bright colors that help our bodies feel their best.

From sweet watermelon to crunchy cucumbers, there are so many fun snacks to explore!

For this month's activity, choose a fruit or veggie and think about its color. What does that color remind you of? How does it help your body? Draw your snack and name your color power! Here's an example:

"Oranges are bright orange like the sun. They give me vitamin C to help keep me from getting sick!"

Have a fresh and colorful spring!

This week's options:

Diced Watermelon  
Grape Tomato Medley

Orange Wedges  
Cucumber Slices

Kiku Apple Slices  
Mini Sweet Peppers

Mixed Fruit (C, H, G)  
Rainbow Cauliflower Florets

Stay Tuned!

	MON	TUE	WED	THU	FRI
	6	 7	8	 9	10
	13	14	 15	16	 17
	20	 21	 22	 23	24
	 27	28	 29	30	1
	4	 5	1	 6	7



# WATERMELON



Watermelon is one of few foods to be classified as both a fruit and a vegetable!

## PRODUCE PARTICULARS

Watermelon is grown in 44 states. Florida grows the most of any state.

Watermelon, just like tomatoes, is an excellent source of the antioxidant Lycopene, which is good for your cells.

Watermelons are named appropriately, as they are 92% water. An excellent snack for staying hydrated!

### Nutrition Facts

1 serving per container  
Serving size 100g

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.

**INGREDIENTS:** Watermelon, Raw

FRESHEALTH

# GRAPE TOMATO MEDLEY



Originally developed in the 1990's, these tiny tomatoes have become popular because of their sweetness and one-bite size.

## PRODUCE PARTICULARS

Grape tomatoes often grow in large bunches of around 20 fruits!

Grape tomatoes contain a great amount of Vitamin C and a good amount of Vitamin A.

Most of the Vitamin A in grape tomatoes comes from lycopene, which is the pigment in the tiny tomato responsible for its bright red color.



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 20**

% Daily Value \*

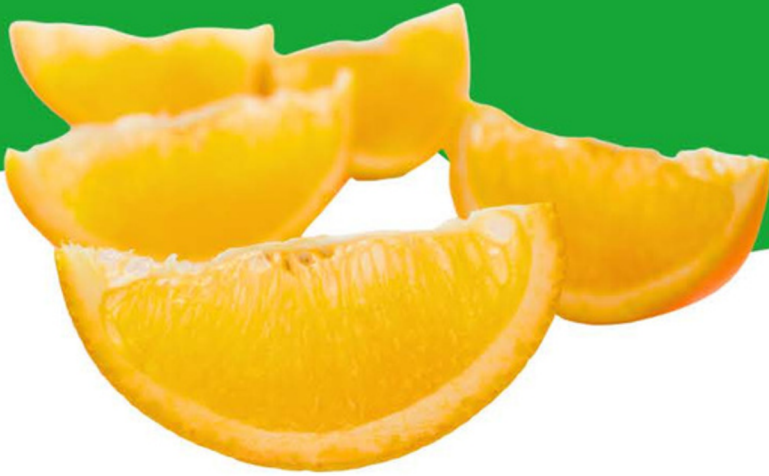
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 4g	1%
Dietary Fiber 1g	4%
Total Sugars 3g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.3mg	2%
Potassium 240mg	6%

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

**FRESHEALTH**

# ORANGE WEDGES



85% of all oranges produced are used for juice.

Do you like orange juice?

## PRODUCE PARTICULARS

Oranges contain vitamin C, a nutrient which plays an important role in the immune system. They also offer fiber, which has been shown to help manage cholesterol and blood sugar.



There are 600 varieties of oranges in the world. The primary orange varieties in Florida are Navel, Hamlin, Pineapple, Ambersweet, and Valencia.



### Nutrition Facts

1 serving per container  
Serving size 100 g

Amount per serving  
**Calories 45**

	% Daily Value *
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 0mg	0%
<b>Total Carbohydrate</b> 12g	4%
Dietary Fiber 2g	9%
Total Sugars 9g	
Includes 0g Added Sugars	0%
<b>Protein</b> 1g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 0.1mg	0%
Potassium 170mg	4%

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

INGREDIENTS: Oranges, Raw, Florida

# FRESHEALTH

# CUCUMBER SLICES



It only takes 12 weeks from planting seed to harvesting cucumbers. How many months is 12 weeks?

## PRODUCE PARTICULARS

**Cucumbers are made up of 95% water! Snacking on cucumbers can also help you feel fuller while hydrating you.**



**Because they grow from a plant blossom (flower) and have seeds, they are technically a fruit. Cool!**



**Cucumbers are a source of potassium, a mineral that supports a healthy heart and muscles.**



### 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 0mg	0%
Total Carbohydrate 4g	1%
Dietary Fiber 1g	2%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.3mg	2%
Potassium 150mg	4%

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

INGREDIENTS: Cucumber, With Peel, Raw


**FRESHEALTH**

# KIKU<sup>®</sup> APPLES




Discovered in 1990 by Italian fruit grower Luis Braun in Italy, the KIKU<sup>®</sup> apple originated from a single branch on an apple tree, which he cultivated to create the trademark variety.

## PRODUCE PARTICULARS

KIKU<sup>®</sup> brand apples are very exotic, with super sweet taste, attractive striped ruby-red color, crunchy with firm flesh, and very juicy. 

Like many apples, KIKU<sup>®</sup> apples are rich in vitamin C, which is essential for supporting immune health and overall well-being. 

These apples can be enjoyed fresh as a snack, sliced in salads, or used in cooking and baking applications such as pies, crisps, and sauces. 

### Nutrition Facts

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

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	5%
Total Sugars	6g	
Includes 0g Added Sugars		0%
Protein	0g	
Vitamin D	0mcg	0%
Calcium	0mg	0%
Iron	0.1mg	0%
Potassium	60mg	2%

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

INGREDIENTS: Apples, Raw, With Skin

# FRESHEALTH

# MINI SWEET PEPPERS



These peppers come in a variety of colors.

Can you name all the colors you see?

## PRODUCE PARTICULARS

Bell peppers, like most other peppers, are native to Central and South America.

Bell peppers are a great source of Vitamin C. Red bell peppers have the most Vitamin C!

Bell peppers grow in a variety of colors such as green, red, yellow, orange, purple, white, brown and even multicolored!



### Nutrition Facts

1 serving per container		
<b>Serving size</b>	<b>100 g</b>	
<b>Amount per serving</b>		
<b>Calories</b>	<b>30</b>	
	<b>% Daily Value *</b>	
<b>Total Fat</b> 0g	<b>0%</b>	
Saturated Fat 0g	0%	
Trans Fat 0g		
<b>Cholesterol</b> 0mg	<b>0%</b>	
<b>Sodium</b> 0mg	<b>0%</b>	
<b>Total Carbohydrate</b> 6g	<b>2%</b>	
Dietary Fiber 2g	8%	
Total Sugars 4g		
Includes 0g Added Sugars	0%	
<b>Protein</b> 1g		
Vitamin D 0mcg	0%	
Calcium 10mg	0%	
Iron 0.4mg	2%	
Potassium 210mg	4%	
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Calories per gram:		
Fat 9	Carbohydrate 4	Protein 4

**FRESHEALTH**

# FRUIT CUP

CANTALOUPE, HONEYDEW, GRAPE



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	
<b>Calories</b>	<b>45</b>
% Daily Value *	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	1%
<b>Total Carbohydrate 12g</b>	<b>4%</b>
Dietary Fiber 1g	3%
Total Sugars 10g	
Includes 0g Added Sugars	0%
<b>Protein 1g</b>	
Vitamin D 0mcg	0%
Calcium 10mg	0%
Iron 0.2mg	2%
Potassium 230mg	4%

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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 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	
<b>Serving size</b>	<b>100 g</b>
<hr/>	
<b>Amount per serving</b>	
<b>Calories</b>	<b>30</b>
<hr/>	
	<small>% Daily Value *</small>
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 25mg	<b>1%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 3g	<b>9%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<hr/>	
<b>Protein</b> 2g	
Vitamin D 0mcg	<b>0%</b>
Calcium 30mg	<b>2%</b>
Iron 0.6mg	<b>4%</b>
Potassium 300mg	<b>6%</b>
<hr/>	
<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>	

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# WATERMELON



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## PRODUCE PARTICULARS



Watermelon is grown in 44 states. Florida grows the most of any state.



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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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## PRODUCE PARTICULARS

- Grape tomatoes often grow in large bunches of around 20 fruits!
  - Grape tomatoes contain a great amount of Vitamin C and a good amount of Vitamin A.
- Most of the Vitamin A in grape tomatoes comes from lycopene, which is the pigment in the tiny tomato responsible for its bright red color.



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# CUCUMBER SLICES



## PRODUCE PARTICULARS

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-  Because they grow from a plant blossom (flower) and have seeds, they are technically a fruit. Cool!
-  Cucumbers are a source of potassium, a mineral that supports a healthy heart and muscles.

FRESHEALTH

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INGREDIENTS: Cucumber, With Peel, Raw




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## PRODUCE PARTICULARS

-  **KIKU® brand apples are very exotic, with super sweet taste, attractive striped ruby-red color, crunchy with firm flesh, and very juicy.**
-  **Like many apples, KIKU® apples are rich in vitamin C, which is essential for supporting immune health and overall well-being.**
-  **These apples can be enjoyed fresh as a snack, sliced in salads, or used in cooking and baking applications such as pies, crisps, and sauces.**



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Protein 0g	
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0.1mg	0%
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# FRUIT CUP

CANTALOUPE,  
HONEYDEW, RED GRAPES



## PRODUCE PARTICULARS



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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.

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FRESHEALTH

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Total Sugars 10g	
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## PRODUCE PARTICULARS



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Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 25mg	1%
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Dietary Fiber 3g	9%
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