



FRESHEALTH

APRIL 2025

## THIS MONTH'S THEME:

### Hop into Healthy Eating

Spring is here, and it's the perfect time to try fresh, colorful fruits and veggies! This month, we're tasting rainbow carrot coins, watermelon, mini sweet peppers, cucumbers, apples, and oranges—all packed with crunch, sweetness, and juicy flavor.

Try this fun activity with your friends: Take turns describing each food with a fun twist—use a sound, an action, or a feeling! Does a cucumber crunch like stepping on fresh grass? Does watermelon feel like a splash of sunshine? Hop from one friend to the next, sharing your best descriptions!

Let's celebrate spring with a rainbow of delicious bites! 🌈

This week's options:

Yellow Grape Tomatoes  
Broccoli & Carrot Mix

Diced Watermelon,  
36x2oz  
Grape Tomato Medley

Orange Wedges,  
50x4oz  
Cucumber Slices,  
50x2oz

Kiku Apple Slices,  
50x2oz  
Mini Sweet Peppers,  
50x2oz

Mixed Fruit, 50x2oz  
NEW: Rainbow Carrot  
Coins & Cauliflower

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