White Grapes

NUTRITION

▪ Grapes can be a source of hydration in addition to drinking water
▪ An excellent source of manganese which helps carry oxygen throughout your body

Did You Know? (DYK)

• White grapes are actually the color green!? 
• Spanish explorers introduced grapes to America over 300 years ago! 
• There are over 8,000 varieties of grapes and they are a part of the berry family.

PREPARATION & STORAGE

▪ Store grapes in the fridge for best quality and to extend their shelf life
▪ Available all year at the grocery store. Wash before use.
▪ Try pairing grapes with cheese for a filling well-balanced snack

Green Fruit Salad

(recipe courtesy of Healthy Family Project)

Ingredients:

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
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</thead>
<tbody>
<tr>
<td>2 cups</td>
<td>Honeydew Melon, cubed</td>
</tr>
<tr>
<td>2 cups</td>
<td>White Grapes (green)</td>
</tr>
<tr>
<td>1 large</td>
<td>Green Apple, chopped</td>
</tr>
<tr>
<td>3</td>
<td>Kiwi, peeled and sliced</td>
</tr>
<tr>
<td>6-8</td>
<td>Fresh Mint Leaves, chopped</td>
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</tbody>
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Directions:

Mx fruit together in a large bowl. Sprinkle with fresh mint.

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