

Fresh Fruit & Vegetable Program: February 2023

Featured Fresh Fruit: **RED GRAPES**



Health Benefits:

1. Copper: red blood cell formation, bone health, immune function
2. Vitamin K: blood clotting and bone health
3. Antioxidants: overall wellbeing, reduces risk of heart disease and cancer



Fun Facts:

1. Grapes are botanically classified as berries!
2. There are more than 8,000 grape varieties from about 60 species. The two main types are American and European.
3. American grapes are available in September and October, whereas European grapes are available year-round.

