

## Fresh Fruit & Vegetable Program: May 2023

### Featured Fresh Fruit: **PINEAPPLE**



#### Health Benefits:

1. Rich in Vitamin C – immune system and healing
2. Rich in antioxidants – skin & reduces cancer risk
3. Contains potassium, folate, and manganese – heart, bones, and brain health



#### Fun Facts:

1. Only 1 pineapple is produced by a single plant each season, but pineapple plants can live and grow fruit for up to 50 years!
2. Pineapple juice is a natural meat tenderizer due to enzymes!
3. Pineapples ripen faster upside down!

