



# FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education

# Rockit Apples



## Fun Facts:

1. These are the world's first pocket-sized apple, naturally grown to be miniature, making them a convenient snack.
2. Rockit apples are a modern New Zealand variety, developed in the late 20th century through natural cross-breeding techniques!

## Nutritional Information:

Two Rockit apples contain only 70 calories and are packed with essential vitamins, minerals, and fiber.