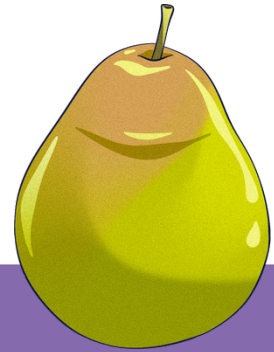
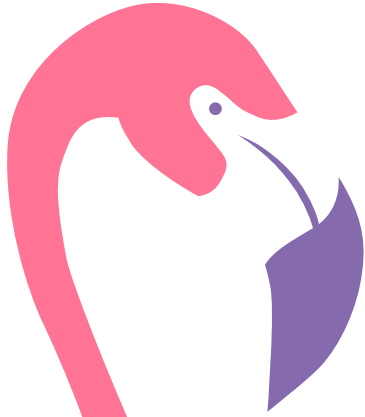




FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education

FLAMINGO PEARS



FUN FACTS:

1. Flamingo pears can be eaten fresh, used in salads, baked, or canned. They are especially attractive in salads because of their colorful skin!
2. Flamingo pears are a cross between Bon Rouge and Forelle pears, and were first developed in South Africa.

NUTRITIONAL INFORMATION:

Pears are a good source of fiber, vitamin C, potassium, and antioxidants. They are low in calories and contain no saturated fat, sodium, or cholesterol.