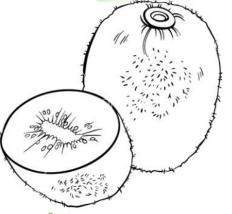


Fresh Fruit and Vegetable Program Nutritional Education





Color me your favorite color!

Kiwi is known for it's fuzzy outside peel surrounding its sweet juicy flesh. They continue to grow and ripen after they're picked. Kiwi is actually a berry and is also known as a Chinese gooseberry. They are proven to strengthen your immune system and have as much potassium as a Banana! California produces 98% of the kiwifruit grown in the United States.





NUTRITION Information

Kiwis are packed with more Vitamin C than the equivalent amount from an Orange. Vitamin C is necessary for the healthy function of the immune system. One serving of Kiwi gives the body 230% of the RPA for Vitamin C, which helps heal wounds, increase Iron absorption, and boost the immune system.

Help the kiwi find its way home!

