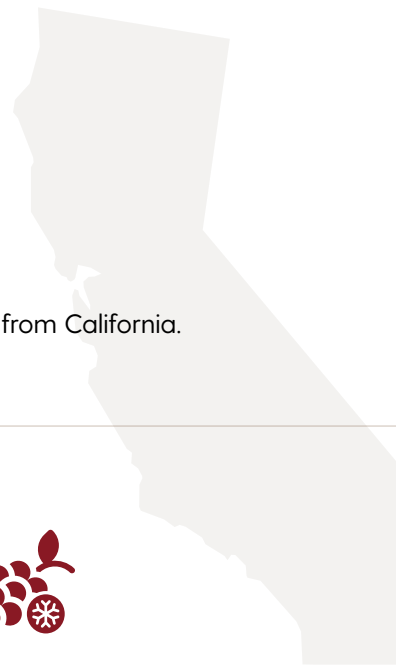




FOR A *snacking* GOOD TIME MUNCH ON GRAPES!

Grapes make healthy snacking easy.

Healthy snacking doesn't get any easier than choosing fresh Grapes from California.



So Beautiful, So Snackable, So *tasty*

Fresh Grapes from California make the perfect anytime snack. Why? Because grapes are:

- ✓ Juicy, delicious, and satisfying
- ✓ Easy to eat and easy to share
 - No peeling, no coring, no slicing required
- ✓ Compatible with a variety of foods and flavors
- ✓ Portable – you can take them wherever you go
 - Pack them in a plastic or reusable bag or container
 - Grapes hold well and won't brown or spoil during the day
- ✓ Healthy
 - Grapes deliver energy and hydration
 - Grapes are a natural source of beneficial plant compounds, including antioxidants and other polyphenols.
 - A 3/4 cup serving of grapes contains just 90 calories, no fat, no cholesterol, and virtually no sodium. Grapes are a good source of vitamin K.



frozen Grapes: Just Like a Mini-Sorbet

Freezing grapes is simple and easy, and can be done with small clusters or individual grapes. Just give the grapes a quick rinse and pat dry. Then put the clusters of grapes in a bowl, or the loose grapes in a single layer on a sheet pan, and pop them in the freezer. After two hours, the grapes are ready to eat.



So much variety

- ✓ **Colors** – Different hues of green, red, and black grapes
- ✓ **Flavors** – varying levels of sweetness and flavor intensity
- ✓ **Shapes** – from round to oval to elongated and more
- ✓ **Sizes** – small, medium, and large grapes abound
- ✓ **Texture** – varying levels of crispness and crunchiness



Go with Grapes from California every day
for an *anytime snack*