GRAPES from California

For a Snacking Good Time!

So Beautiful, So Snackable, So Tasty

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

- Easy to eat – an ideal finger food – and easy to share
- Compatible with a variety of foods and flavors
- Juicy and hydrating
- Satisfying and delicious
- No fuss, no muss (no peeling, no coring)
- Packable – you can take them with you
  - Pack them in a plastic or reusable bag or container – they’re remarkably durable and won’t brown or spoil during the day.
- Energizing
- Healthy
  - A ¾ cup serving of grapes contains just 90 calories, no fat, no cholesterol and virtually no sodium. Grapes are an excellent source of vitamin K.
  - Grapes are a natural source of beneficial plant compounds, including antioxidants and other polyphenols.

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.

Hmm, Which Snack to Choose?

<table>
<thead>
<tr>
<th>Snack</th>
<th>Calories</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grapes</td>
<td>90</td>
</tr>
<tr>
<td>French Fries Small</td>
<td>229</td>
</tr>
<tr>
<td>Chips</td>
<td>140</td>
</tr>
<tr>
<td>Cookies (chocolate chip)</td>
<td>190</td>
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<tr>
<td>Cheese and crackers</td>
<td>150</td>
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</tbody>
</table>

Grapes can satisfy without the added fat, salt and sugar found in many processed snacks.

Grapes, the natural snack.

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