

**BERRIES DARK IN COLOR ARE READY TO PICK AND EAT!**

**You  
can grow  
strawberries,  
raspberries,  
blueberries, and  
blackberries  
in your own  
backyard!**

**Don't soak or scrub  
berries, they are  
delicate!**



**Make a berry parfait! Add your favorite berries to low-fat vanilla yogurt and add some granola for a sweet and healthy treat!**

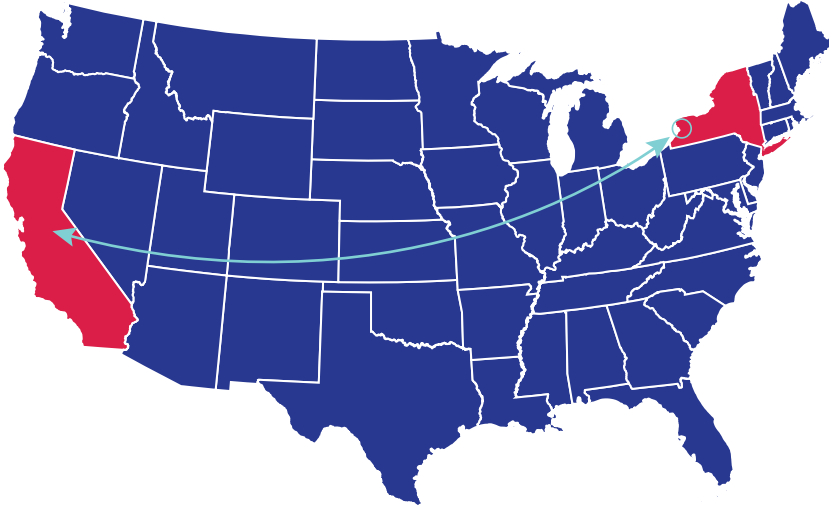
**BERRIES  
ARE  
RICH  
IN  
VITAMIN**

**C**

# FREEZE BERRIES WHOLE TO MAINTAIN THE MOST NUTRIENTS!

WITH CALIFORNIA ACCOUNTING FOR MOST OF THE UNITED STATES' BERRY PRODUCTION, THEY MUST TRAVEL ABOUT 2656 MILES TO REACH BUFFALO.

OUR NEW YORK STATE BERRIES ONLY HAVE TO TRAVEL 56 MILES TO REACH THE CAFETERIA!



Low in fat  
& calories



MAKE PRE-PORTIONED BAGGIES OF FRESH OR FROZEN BERRIES, PERFECT FOR SMOOTHIES!

Make it savory! Add **blueberries** to a yummy **veggie salad**, or **strawberries** to a dish with **feta cheese**!