

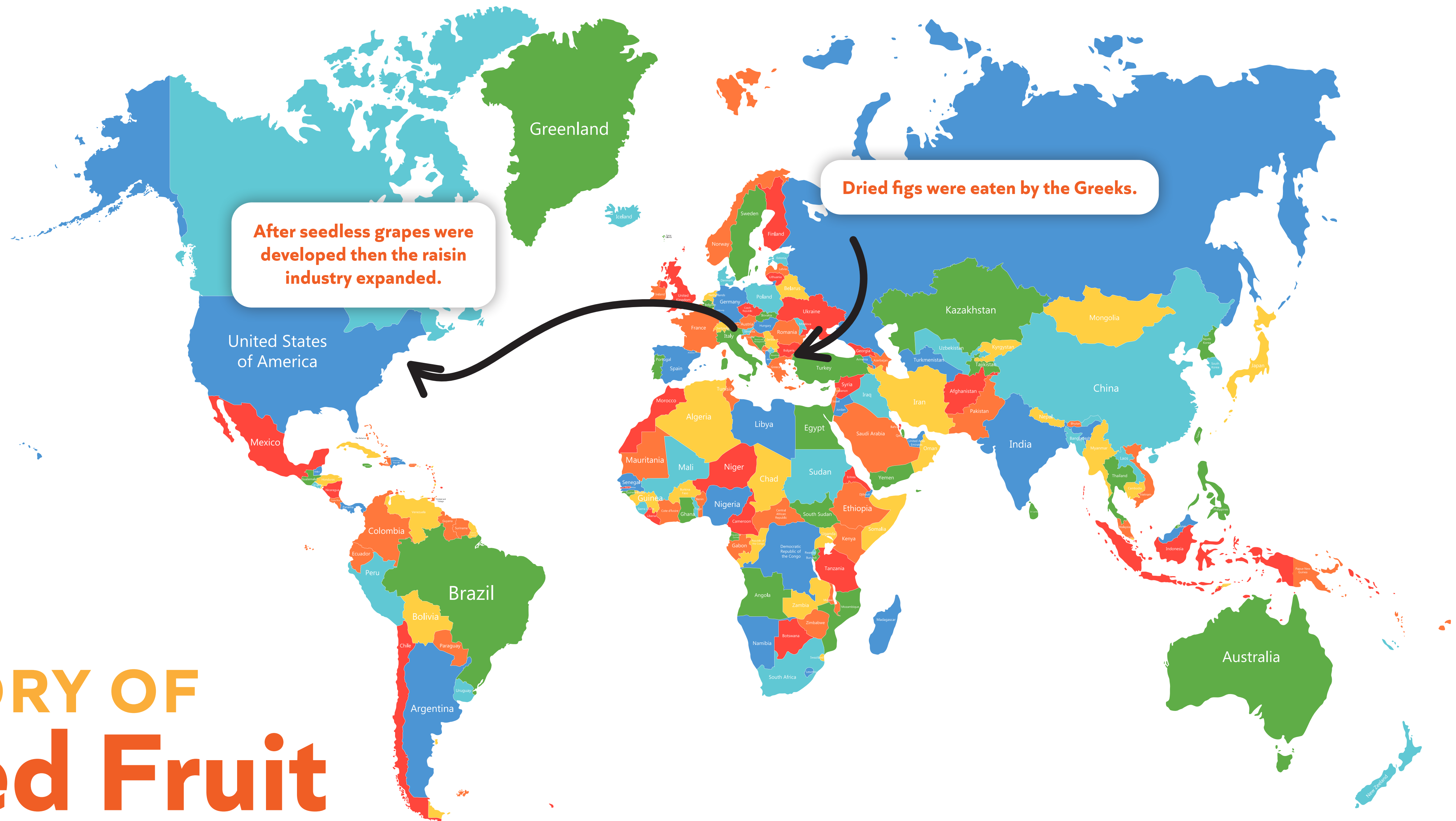
HARVEST OF THE MONTH:

# Dried Fruit





# HISTORY OF Dried Fruit







**Dried Fruits are not grown but they are made when fresh fruits lose at least 80% of their water content.**

# HOW DO DRIED FRUIT GROW?



# WHY SHOULD WE EAT DRIED FRUIT?

Healthy immune system  
(prevents colds)



Healthy digestion,  
cleans out your system



Healthy eyes



Healthy muscles





# WHAT CAN YOU DO WITH DRIED FRUIT?

- Dried Fruit can be added to yogurt, salads and trail mixes.
- Try to buy dried fruit that doesn't have sugar added to the natural sugar already in fruit.
- Make sure you store dried fruit in air tight containers.

**FUN FACT:** California produces half of the world's supply of raisins.







LET'S TRY SOME  
**Dried  
Fruit!**

