

SNACKBITE



Grapes

- Grapes should be plump not wrinkled and firmly attached to a green, flexible stem. When grapes fall off the stem, they are overripe.
- Grapes come in a variety of colors including rich blueish-black, green with yellow tint, or rosy red.
- Grapes can be purchased fresh, frozen, or dried as raisins. Also, grapes are made into juice, jam, jelly and preserves.
- It is a Spanish tradition to eat twelve grapes with each bell strike at midnight of January 1.
- Based on the color, grapes offer a variety of health benefits. Anthocyanins contribute to the blue, red, and purple pigments of fruits may help with maintaining brain and healthy immune function.
- The oldest grapevine in America is a 400 year old Scuppernong vine in North Carolina.
- In kids, the body is about 65% water. The potassium in grapes help maintain fluid balance in the body.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.