FAVORITE FRUITS

APPLES
AVOCADO
BANANAS
CHERRIES
DATES
FIGS
GRAPEFRUIT

GRAPES
LIMES
MELONS
ORANGES
PEACHES
PEARS
PINEAPPLE
PLUMS

This material was funded by USDA’s Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low incomes. It can help you buy nutritious foods for a better diet. To find out more, contact your local DHS office, or call the URI SNAP-Ed nutrition program at 1-877-Food-URI (1-877-366-3874). USDA is an equal opportunity provider and employer.