



The 411 on Canned Peach Nutrition

The science is in: researchers at Oregon State University and the Linus Pauling Institute have discovered that canned peaches pack a nutritional punch! Picked and packed at the peak of freshness, canned peaches offer year-round nutrition.

Reality Check

Only **33%** of Americans are meeting the recommendation for fruit consumption
(Source: CDC)

Only **42%** of Americans realize that the nutrients in canned fruit count towards meeting the U.S. Department of Agriculture guidelines
(Source: Canned Food Alliance)

52% of all FRESH produce grown every year is wasted
(Source: Rodale News)

Nutrition Check: Canned Peaches vs. Fresh Peaches



Canned Peaches are...

- 4x's higher in Vitamin C
- 10x's higher in Folate
- 1.5x's higher in Antioxidants
- Comparable in Vitamin E

(Source: Oregon State University)

Bonus!



Grown locally in the USA



Picked Fresh, Packed Fresh

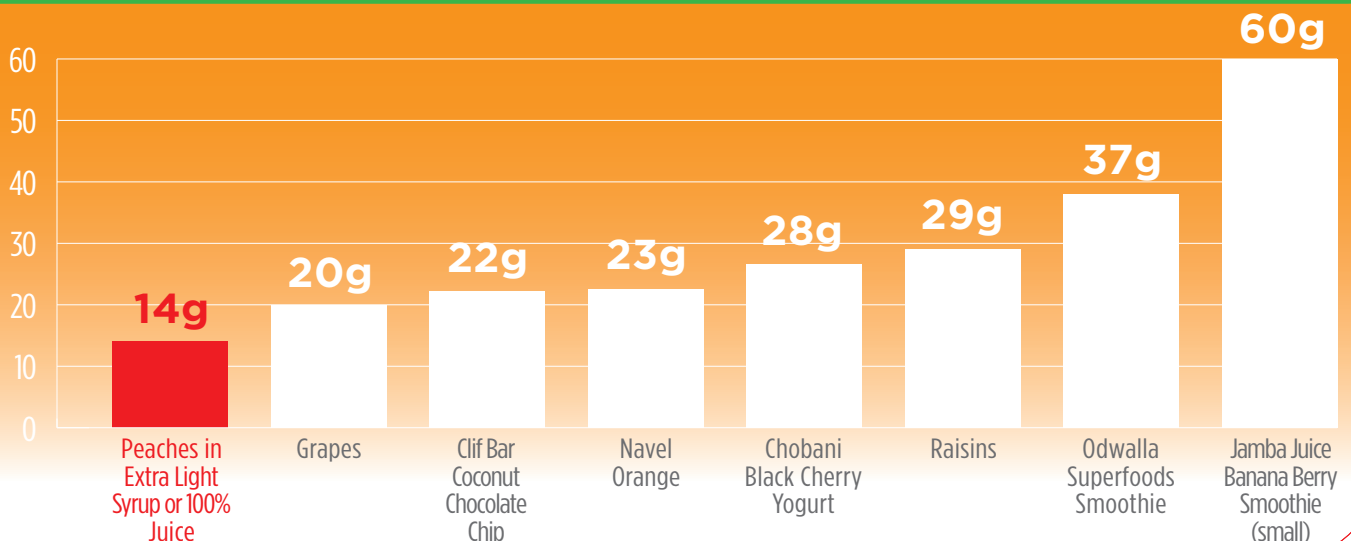


Recipe Ready



Reduced Waste + Recyclable Container

Let's Talk Sugar



California Cling Peaches



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