



berry picking days

Enjoy fresh blueberries, strawberries, raspberries and blackberries.

These little berries are packed with nutrition - Vitamin C, fiber, potassium, antioxidants!

Berries are also low in calories.

1 cup of berries has 40 to 80 calories. Whereas, a candy bar has 250 calories.

Snack on a bowl of berries.

Berry easy! Berry good!



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