

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

GOLD KIWI



The green kiwi has a fuzzy brown skin and oval shape. Gold kiwifruit has smooth, hairless skin that's a golden-brown color with a totally different taste than the green kiwifruit. It tastes like a cross between a mango and a strawberry. Cutting it in half and scooping out the flesh with a spoon is one of the easiest ways to eat them. Without the fuzz on the skin, you can eat it just like you would an apple. Gold kiwi is a great source of fiber and vitamin C.

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