

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

PAPAYA



Papaya fruit is native (originated) to Mexico and southern South America. Hawaii and Florida are the only US states that grow papaya. One serving of papaya provides all the vitamin C that you need in a day. To eat papaya, slice in half and scoop out seeds. Chop and use in salads, salsas, main dishes or eat as is. Papaya aid in digestion. They contain Vitamin C, folate, potassium, fiber, Vitamin A and lycopene.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER