

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

BABY HEIRLOOM TOMATOES



An heirloom tomato is one that has been around more than fifty years and can reproduce from seed and has a history of its very own. They vary in colors and flavor but are sweet, delicious, and easy to eat as a healthy snack. There are around 5,000 varieties of tomatoes worldwide. According to USDA, Americans eat more than 22 pounds of tomatoes each year, more than half of this amount in the form of ketchup and/or tomato sauce.

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