

Eat Kiwifruit



Snack Idea:

Cut kiwi in half & scoop out fruit with a spoon.



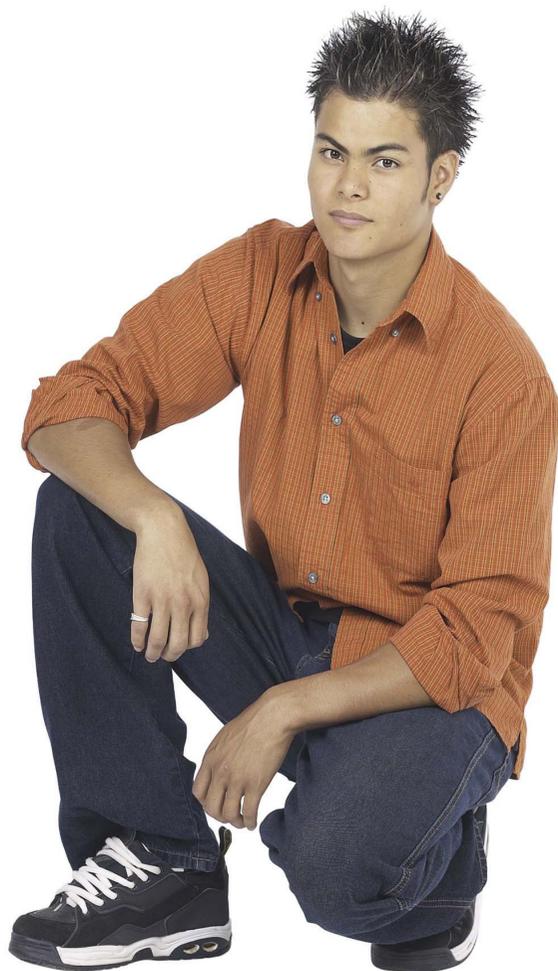
Produce Tip:

Kiwis keep for several days at room temperature and up to four weeks in your refrigerator.



Health Tip:

Kiwi is a good source of copper, which helps to reduce tissue damage caused by free radicals.



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