Selection:

Choose grapes that are plump, full-colored, and firmly attached to the stem. If the skin near the stem is brown, the grapes are no longer fresh. Avoid grapes that appear shriveled or show signs of decay.

Storage:

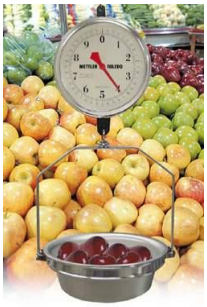
Store unwashed grapes in a resealable plastic bag in the refrigerator for up to 1 week. To freeze, place rinsed grapes on a paper towel-lined baking sheet in a single layer and freeze for 1 hour. Place in a container with a lid and freeze for up to 1 week.

Refrigerator: Up to 1 week
Freezer: Up to 1 week

Use:

Rinse grapes thoroughly before preparing. Grapes are best eaten raw.

Digital Scale:
The number on the screen = Total Weight



Hanging Scale:
The number the arrow is pointing to = Total Weight

Buying:

Weigh produce to find out exactly how much it will cost. Place the number of grapes you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

Total Weight (lbs) x Price = Cost of Grapes

Use this table to find the total cost.
Example: What is the total cost for 3 lbs of grapes at $1.39 per lb? **3 lbs x $1.39 = $4.17**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
$ 0.49	$0.49	$0.74	$0.98	$1.23	$1.47	$1.72
$ 0.59	$0.59	$0.89	$1.18	$1.48	$1.77	$2.07
$ 0.69	$0.69	$1.04	$1.38	$1.73	$2.07	$2.42
$ 0.79	$0.79	$1.19	$1.58	$1.98	$2.37	$2.77
$ 0.89	$0.89	$1.34	$1.78	$2.23	$2.67	$3.12
$ 0.99	$0.99	$1.49	$1.98	$2.48	$2.97	$3.47
$ 1.09	$1.09	$1.64	$2.18	$2.73	$3.27	$3.82
$ 1.19	$1.19	$1.79	$2.38	$2.98	$3.57	$4.17
$ 1.29	$1.29	$1.94	$2.58	$3.23	$3.87	$4.52
$ 1.39	$1.39	$2.09	$2.78	$3.48	$4.17	$4.87
$ 1.49	$1.49	$2.24	$2.98	$3.73	$4.47	$5.22
$ 1.59	$1.59	$2.39	$3.18	$3.98	$4.77	$5.57
$ 1.69	$1.69	$2.54	$3.38	$4.23	$5.07	$5.92
$ 1.79	$1.79	$2.69	$3.58	$4.48	$5.37	$6.27
$ 1.89	$1.89	$2.84	$3.78	$4.73	$5.67	$6.62
$ 1.99	$1.99	$2.99	$3.98	$4.98	$5.97	$6.97

Know how. Know now.

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Nutrition:

½ cup Grapes

Nutrition Facts	
Serving Size 1/2 cup (80g)	
Servings Per Container	
Amount Per Serving	
Calories 60	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	4%
Sugars 12g	
Protein 1g	
Vitamin A 2% •	Vitamin C 15%
Calcium 0% •	Iron 2%

Nutrition Facts Labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrient content.

The Nutrition Facts Label shown here is for ½ cup of grapes.

Recipe:

Four Fruit Salad

Preparation Time: 10 minutes
Serves 6
Cups of Fruit per Serving: 1

Ingredients:
1 cup seedless grapes
1 cup orange segments
1 large apple, cut into slices
1 large pear, cut into slices

Preparation:
1.) In a large bowl, toss all ingredients together.
2.) Serve with a scoop of low-fat cottage cheese, sherbet, or yogurt.

Nutrition Information per Serving:
Calories 60, Total Fat 0 g, Saturated Fat 0 g, Cholesterol 0 mg, Sodium 0 mg, Carbohydrates 16 g, Dietary Fiber 2 g, Protein 1 g.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.