

Key health benefits of **Raspberries**

- A naturally low-fat food.
- A naturally cholesterol-free food.
- A naturally low-sodium food.
- Excellent source of dietary fiber.
- Good source of folate.
- Excellent source of manganese.
- Excellent source of Vitamin C.

WASHINGTON
IT'S
HARVEST TIME

Food for thought:

Using frozen raspberries helps **reduce food waste** by lasting a lot longer than fresh, and even the "broken" pieces get used!

COSTCO FINDS

\$10.99

for 4 pounds of your favorite summer berries!

WASHINGTON STATE accounts for over **90%** of the U.S. production of frozen raspberries

HAPPY 4th OF JULY

TOPPINGS TOPPINGS TOPPINGS

WE WANT YOU!

TELL US WHY YOU CHOOSE FROZEN RASPBERRIES!

What's your favorite way to use frozen raspberries? Tell us in the comments!

RASPBERRY butter

HAPPY LABOR DAY

HAPPY LABOR DAY

Stock your **FREEZER!**