



## OUR PEARS GO FROM THE TREE TO THE CAN

Get into the swing of MyPlate. Healthful fruits and vegetables should be at least one-half of your daily diet. More than 90% of all the juicy, USA canned pears come from trees like this in the Pacific Northwest. Pacific Northwest Canned Pears are fat-free, sodium-free and ready-to-eat anytime!

One serving (1/2 cup) of canned pears is a healthy, satisfying, low calorie snack that supplies natural energy for climbing trees.



EATCANNEDPEARS.COM