

KID (& HAND) FRIENDLY

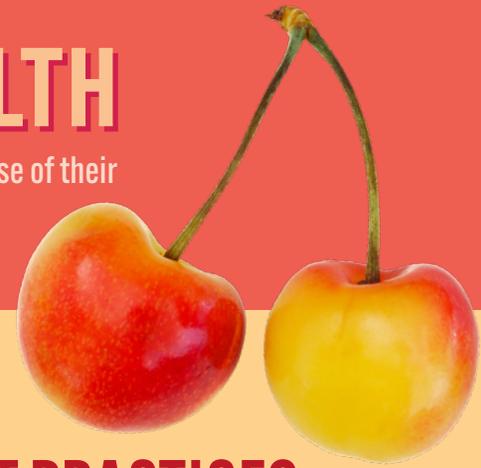
Rainier cherries are perfect for kids because their light color doesn't stain hands or clothes, making them a sweet, nutritious, and mess-free snack parents can feel good about.



 **HEALTHY BY NATURE.
POWERED BY CHERRIES.**

HOW RAINIER CHERRIES SUPPORT HEALTH

Rainier cherries are a kid-friendly, nutrient-packed fruit that supports digestion, heart health, and overall wellness. Because of their extra sweetness and light color they are perfect for snack time, lunch boxes, or on-the-go families.



Kid-Friendly Snack

- Light golden color doesn't stain hands, clothes, or faces
- Makes snacking less messy and more enjoyable for kids
- Encourages healthy fruit habits early



Nutrient-Rich

- Contains fiber to support digestion
- Packed with antioxidants and vitamins (C, polyphenols)
- Supports overall wellness and immune health



Digestive Support

- Soluble fiber feeds beneficial gut bacteria
- Promotes gentle, regular digestion
- Helps maintain a balanced microbiome



Heart & Circulation Benefits

- Polyphenols support healthy blood vessels
- Antioxidants help protect arteries from oxidative stress
- Supports overall cardiovascular wellness



Brain & Energy Support

- Natural plant compounds help reduce inflammation
- Support steady energy and focus throughout the day
- A wholesome snack for growing kids and active families

FUN FACTS

Rainier cherries are yellow cherries and a yellow fruit! Despite coming from two red parents, the Rainier's light pigmentation is a unique genetic result. The blush on the skin is a "kiss from the sun".

Their unique color makes them a "fancy" cherry that adds contrast to your summer table! But, they have a short grow season—only a few weeks in June and July—get them while they last!

They are considered the sweetest cherry variety yet they are still a low glycemic fruit.

Rainier cherries are a good source of Vitamin C, Potassium and Melatonin



BEST PRACTICES FOR ENJOYING!

Portion: 1/2-1 cup fresh Rainier cherries

Timing: Snack time, lunchboxes, or after-school fuel;

Great for summer outings and on-the-go bites

Pair with: Protein or healthy fats for longer-lasting energy;

Water for a hydrating, refreshing snack combo

BOTTOM LINE

Rainier cherries are a kid-friendly, feel-good fruit that supports:

- Gentle digestion
- Everyday hydration
- Natural energy for active days
- Healthy snack habits for the whole family



Visit nwcherries.com/health for more sweet cherry health information and download the 2025 research whitepaper.