

FRESH FRUIT + VEGETABLE PROGRAM

Allowable Items:

1 Whole or Sliced Fruit

- Try providing exciting fruits like starfruit, passionfruit, coconut, pomegranate, kiwi
- Prepared in a way that makes them easily recognizable

2 Vegetable Dips

- low-fat yogurt based, or other low-fat or non-fat options
- 1-2 tablespoons maximum per serving

3 Whole or Sliced Vegetables

- There are many options, including jicama, kale, okra, or sweet potato
- Prepared in a way that makes them easily recognizable

4 Cooked Fresh Vegetables

- Only once per week
- Served as a part of a nutrition education lesson

5 Pre-Cut + Pre-Sliced Produce

- Must be FRESH produce

Unallowable Items:

1 Fruit Juice

- Even if it is fresh-squeezed or full strength

4 Fruit Dips

- Even if it is a low-fat or yogurt based dip
- No peanut butter

2 Processed Produce

- Canned, frozen, or dried fruits or vegetables
- Fruit leather or fruit snacks

5 Smoothies

- Even when made with fresh fruits and vegetables, because the produce is no longer in an easily identifiable form

3 Sending Food Home

- The fresh fruits and vegetables must be served on-location
- The fresh fruits and vegetables must be served during school hours

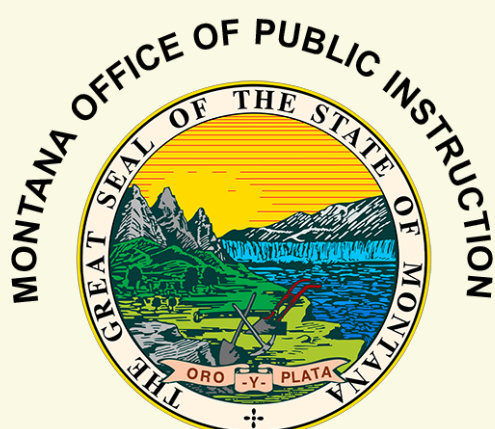
6 Nuts + Trail Mix

- Only fresh fruits and vegetables as described above

Questions?

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