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

2. Processed Produce
   - Canned, frozen, or dried fruits or vegetables
   - Fruit leather or fruit snacks

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

4. Fruit Dips
   - Even if it is a low-fat or yogurt-based dip
   - No peanut butter

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

6. Nuts + Trail Mix
   - Only fresh fruits and vegetables as described above

Questions?

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