

# Fresh Fruit and Vegetable Program

## Helpful Tips

### FFVP Does *NOT* Allow:

Processed or preserved fruits and vegetables, which includes canned, frozen, vacuum-packed or dried. The following is a list of **non-allowable** foods:



Dip for Fruit  
 Fruit Leather  
 Jellied Fruit  
 Trail Mix  
 Nuts  
 Cottage Cheese  
 Fruit or Vegetable Pizza  
 Smoothies  
 Fruit Juice



### FFVP Limits:

- Dips for vegetables (Dips **MAY NOT** be used for fruit)
  - Opt for low-fat, yogurt based or other low-fat or non-fat dips.
  - Serving size for condiments: 1-2 tablespoons
- Service of “prepared” vegetables:
  - Fresh (not canned, frozen or dried) vegetables that are cooked, must be limited to no more than once-a-week and always as part of a nutrition education lesson

### Other Tips:

- Purchase fruits that are in season (see below)
- Serve your student’s favorites, but continue efforts to introduce new items
- Be sure fruit and vegetables are appealing and easy to grab
- Pre-cut fruit and vegetables for easier handling by children
- Introduce children to different varieties of a fruit, such as Bosc, Barlett and Seckel pears
- Offer whole fruits on days when staff cannot prepare trays of pre-sliced fruit & veggies

## Seasonal Fruits and Vegetables

### September, October, November

#### Fruits

Apple  
 Cranberries  
 Grapes  
 Mandarin Oranges  
 Pears  
 Persimmons  
 Pomegranates  
 Quince  
 Star Fruit

#### Vegetables

Broccoli  
 Brussel Sprouts  
 Cabbage  
 Cauliflower  
 Cucumbers  
 Eggplant  
 Mushrooms  
 Okra  
 Peppers  
 Pumpkin  
 Spinach  
 Sweet Potatoes  
 Winter Squash

### December, January, February

#### Fruits

Apple  
 Dates  
 Grapefruit  
 Lemons  
 Mandarin Oranges  
 Sweet Oranges  
 Pears  
 Tangerines

#### Vegetables

Avocados  
 Broccoli  
 Brussel Sprouts  
 Cabbage  
 Cauliflower  
 Mushrooms  
 Spinach

## **March, April, May**

### **Fruits**

Berries  
Kiwis  
Mangoes  
Papayas  
Rhubarb

### **Vegetables**

Asparagus  
Beans  
Beets  
Broccoli  
Cucumbers  
Peas  
Peppers  
Radishes  
Summer Squash

## **June, July, August**

### **Fruits**

Apricots  
Blackberries  
Blueberries  
Boysenberries  
Cherries  
Figs  
Grapes  
Limes  
Mangoes  
Melons  
Nectarines  
Peaches  
Pears  
Plums  
Raspberries

### **Vegetables**

Beans  
Beets  
Carrots  
Collards  
Corn  
Cucumbers  
Green Beans  
Okra  
Peppers  
Summer Squash  
Tomatoes

### **Equipment Purchases:**

- All equipment purchases **MUST** be approved by Nevada Department of Agriculture, Food and Nutrition Division **BEFORE** the purchase is made.

If you have any questions, please contact:

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