

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
- Precut 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 Office of Child Nutrition and School Health BEFORE the purchase is made.

If you have any questions, please contact:

Donnell Barton

dbarton@doe.nv.gov

(775) 687-9191

