



# FRUITS AND VEGETABLES



Idaho grows a variety of fresh fruits and vegetables. Try purchasing fresh Idaho produce in the fall when they are at the peak of their freshness. For more information, visit the Idaho Farm to School web site at [www.sde.idaho.gov/site/cnp/farm\\_school.htm](http://www.sde.idaho.gov/site/cnp/farm_school.htm)

## New Standards

**BREAKFAST:** School Food Authorities shall offer at a minimum, one fruit on all points of service for breakfast. If only one fruit choice is offered at breakfast, juice may only be offered two times per week as the fruit choice.

**LUNCH:** School Food Authorities shall offer at least one fruit and one non-fried vegetable at all points of service each day.

School Food Authorities shall offer fresh fruits and vegetables when possible.

When using frozen and canned fruits, School Food Authorities shall use products that are packed in natural juice, water, or light syrup.

School Food Authorities shall make an effort to provide a variety of fruits and vegetables throughout the week making sure dark green and orange fruits and vegetables are offered.

## Rationale

Fresh, frozen, canned, or dried fruits and vegetables are the major sources of many vitamins and minerals, including Vitamin A and C, folate, and potassium. They also contain antioxidants, fiber and other phytonutrients with potential health-promoting qualities.

School Food Authorities should increase the availability and variety of fruits and vegetables at all meals.

One of the key recommendations in the *2005 Dietary Guidelines for Americans* (DGAs) is to choose a variety of fruits and vegetables each day. Fruits and