

FRUITS AND VEGETABLES

BEST PRACTICE *Encourages* VARIETY

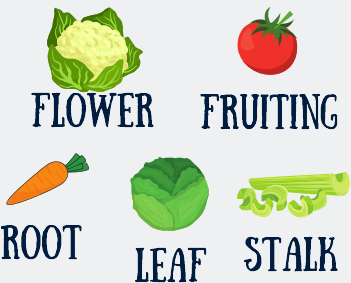
Serve a vegetable at least 2 times per day.



COLOR

DRIED RAW BAKED
BROILED CANNED
MASHED FROZEN STEAMED

PREPARATION



TYPE

JUICY SOFT CRISP
TART SWEET
UMAMI BLAND CRUNCHY

FLAVOR AND
TEXTURE



Juice can be served as the fruit component. There are minimum and maximum amounts that can be served.

Maximum Frequency

	M	T	W	TH	F
LICENSING Maximum 1x per day					
CACFP Maximum 1x per day					
EMPOWER 2x per week or less					
GO NAPSACC 2 times per week					
AZ BEST PRACTICE	JUICE IS NOT SERVED.				