

Veggie and Fruit Ideas



Welcome to Tuesday Talks on Veggie and Fruit Ideas.



Similar to the Menu Planning Tuesday Talks where we answered your specific questions from past Tuesday Talks evaluations, today we are going to answer your questions about fruits and vegetables.

Today, we want you to walk away learning something about:

1. Serving a variety of fruits and vegetables
2. Ideas for ways to incorporate fruits and vegetables into meals
3. How to purchase, measure, and serve fruits and vegetables, and
4. Fruit and vegetable best practices

Let's get started.

Serving a Variety of Fruits & Vegetables

How to serve a variety of fruit and vegetables



Monday	Tuesday	Wednesday	Thursday	Friday
Pineapple	Kiwi	Blackberries	Honeydew Melon	Apple Slices
Green peas	Roasted Sweet Potatoes	Broccoli	Eggplant	Red Bell Pepper

The first thing we were asked about is how to serve a variety of fruits and vegetables. Hopefully, today's entire presentation will give you lots of ideas.

With that said, the key to serving variety is to plan. This means having a goal to serve different fruits and vegetables throughout the week, and not repeating the same item in that week. On the slide is a week-long menu showing a variety of fruits and vegetables that could be served at a meal, such as lunch or supper. There is no fruit or vegetable repeated on this menu.

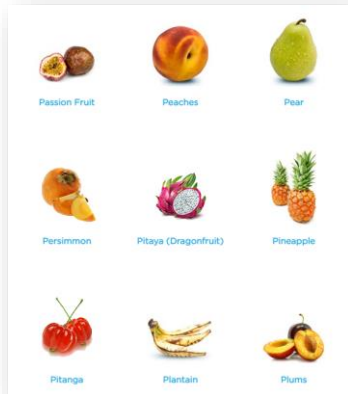


Serving a Variety of Fruits & Vegetables

- Branch out
- Try new produce

Most people can only plan what they know. For example, think of a vegetable right now. Is it corn, green beans, carrots, or broccoli? If you only think of the same handful of fruits and vegetables when planning menus, that is what you will continue to serve.

Increase your options of fruits and vegetables by getting ideas from lists of fruits and vegetables. Some may be as common as snow peas, or as foreign as dragon fruit; both shown on this slide. And if you are wondering what dragon fruit is like, it is a tropical fruit and its taste has been described as a slightly sweet cross between a kiwi and a pear.



List of Fruits

Fruit and Veggies! Half Your Plate

Persimmon

Selecting
While hundreds of varieties of persimmons exist, there are two most popular types found in North America: the Hachiya and Fuyu. The Hachiya variety are acorn shaped and must soften before they are eaten. The Fuyu variety are shaped like a tomato and can be eaten when firm or soft.

Storing
Ripe persimmons should be stored in the crisper drawer of the fridge. They can last for a couple of weeks if kept whole. Unripe persimmons should be stored on the countertop at room temperature until soft. To speed up the ripening process, place the persimmons in a paper bag with a ripe banana.

Preparing
Wash persimmons well under running water before eating or cutting into. You can slice a persimmon in half and eat raw. The skin is typically thin, making it perfectly edible. Once sliced, store persimmons covered in the refrigerator and use within a few days.

Eating
Persimmons are delicious eaten fresh as a snack. They also make great additions to salads and desserts and can be roasted or broiled.

Seasonality
Persimmons are in season during the late fall and are not usually sold year-round. In your supermarket, look for fresh persimmons from October to January.

Nutrition
Persimmons (140 g portion) are a high source of fibre, a good source of manganese, and vitamins C, B6 and A.

Try these delicious ideas:

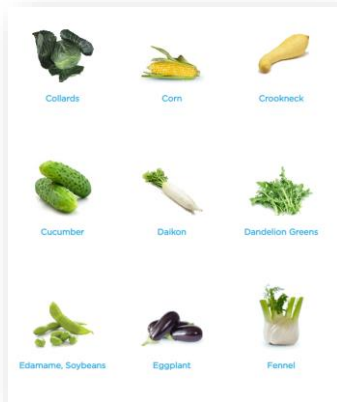
- Slice into rounds and add to your next sandwich instead of a tomato.
- Finely chop, combine with tropical fruit to make a salsa, and serve over grilled chicken or fish.

Make persimmon 'fruit chips' by thinly slicing into 1/4 cup thick rounds and bake at 250°F on a wire rack until centers look dry and edges begin to curl up (about 1 1/2 - 2 hours). Great to enjoy as a snack, add to a trail mix or top your favourite yogurt.

www List of Fruits

We recommend using a search engine and finding websites for lists of fruits and vegetables; there are many! One website that provides great information on different fruits and vegetables, and facts sheets that include information on selecting, storing, preparing, and eating these fruits and vegetables is Fruit and Veggies! Half Your Plate.

This slide shows only 9 of the 70 different fruits listed on this page. Once you click on a fruit, it brings up another page with a lot more information including a downloadable fact sheet like the one on the slide.



List of Vegetables

Fruit and Veggies! Half Your Plate

EGGPLANT INFORMATION SHEET

Eggplant

Selecting
Eggplants are available in variety of shapes, colours, sizes and weights. Eggplant contours can be round, egg-shaped, pear-shaped or elongated like cucumber. Colour possibilities include solids and gradients of white, purple, green, and orange-red. Sizes range greatly from small tomato-sized types, to hefty pear-shaped and elongated varieties.

Storing
Store your eggplant wrapped in paper towel in a perforated bag. It will keep up to a week but best to use as soon after purchase as possible.

Preparing
How you prepare the eggplant will depend on the type. The typical North American eggplant may require peeling and salting to get rid of bitterness, but this helps reduce the amount of oil needed in cooking. Smaller eggplants and Japanese eggplants are not as bitter and do not require the salting process. When preparing the dark purple, North American variety, cut the eggplant into slices or cubes and sprinkle to teaspoon (2 mL) of salt per pound (500 g) of eggplant. Let it sit in a colander for about 30 minutes to sweat. Pat dry with paper towel or rinse quickly with water and pat dry.

Seasonality
Eggplants are available all year round. Eggplants that are grown locally are available in August, September and October.

Nutrition
One cup of cooked eggplant has only 36 calories. It contains fibre, potassium and folate. Eggplants also contain phytochemicals which have important disease fighting properties.

This Chopped Grilled Vegetable Salad is a great way to fill Half Your Plate with fruit and veggies.
www.halfyourplate.ca/recipe/grilled-chopped-vegetable-salad/

www.halfyourplate.ca **List of Vegetables**

And there is also a list of 75 veggie ideas, with information and fact sheets for each one. With that many different fruits and vegetables, you'll definitely be able to add variety to your menus!



Fruit & Vegetable Preparation & Variety

Breakfast

- Smoothies



[Smoothies in CACFP](#)

Now that you know where to get new fruit and veggie ideas, next we are going to go over some ideas for serving fruits and vegetables at different meals and snacks. Let's start with breakfast.

- One way to incorporate fruits and vegetables is in smoothies. You can use fresh or frozen fruit and add a handful of vegetables such as spinach or kale.
- The DPI has a *Smoothies in CACFP* handout that provides a creditable smoothie recipe and information on how fruit, vegetables, and other ingredients in smoothies credit to the CACFP meal pattern.
- Remember, pureed fruit and vegetables credit as juice when served in a smoothie, and juice can only be served at one meal or snack per day, this includes when served in a smoothie.

Fruit & Vegetable Preparation & Variety

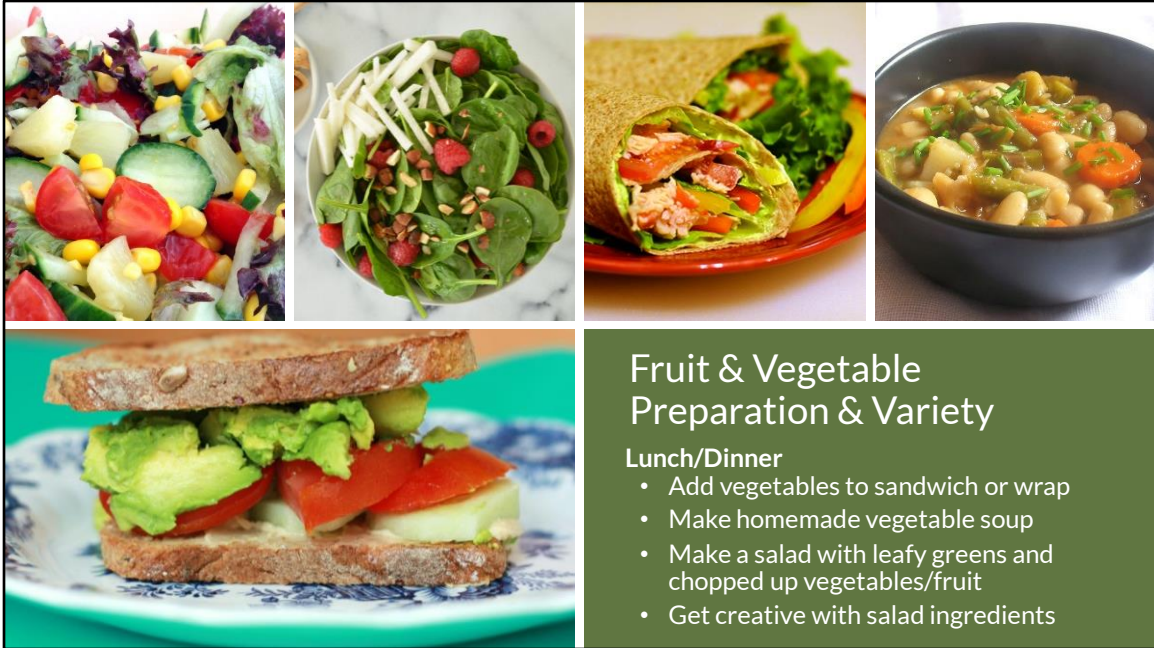


Breakfast

- Make it a topping!
Waffles, pancakes, oatmeal, yogurt
- Add peppers, tomatoes, or spinach to omelets, eggs, hash browns, breakfast potatoes
- Add avocado and tomato to eggs
- Breakfast tacos with fruits or vegetables
- Fruit “roll-up” (tortilla with fresh fruit) or fruit pizza

Another idea for breakfast is to make fruit a topping! Top pancakes or waffles with mixed berries and chopped fruits. Top cereal, oatmeal or yogurt with berries, peaches, apples and bananas.

- Add vegetables, such as peppers, onions, and spinach to omelets, scrambled eggs, hash browns and breakfast potatoes (remember, potatoes are also a vegetable in the CACFP).
- Add avocado and tomatoes to eggs
- Make breakfast tacos loaded with fruits or vegetables
- Make a fruit rollup: start with a whole wheat tortilla, spread with nut or seed butter, then add fresh fruit.



Fruit & Vegetable Preparation & Variety

Lunch/Dinner

- Add vegetables to sandwich or wrap
- Make homemade vegetable soup
- Make a salad with leafy greens and chopped up vegetables/fruit
- Get creative with salad ingredients

Here are some ideas for lunch or supper:

- Add vegetables to a sandwich or wrap.
- Make homemade vegetable soup.
- Build a salad with leafy greens and add chopped up vegetables for added flavor.
- Add variety to salads. Salads can be more than lettuce and tomatoes. Think about adding, jicama, broccoli, avocado and fruits such as raspberries or blueberries.



Fruit & Vegetable Preparation & Variety

Lunch/Dinner

- Stir fry
 - Top a baked potato with salsa or broccoli
 - Add to pasta sauces, casseroles
 - Steam, microwave, or roast vegetables
-
- Make a stir fry with lots of vegetables.
 - Top a baked potato with broccoli, beans, and salsa.
 - Add extra vegetables to pasta sauces and casseroles. Mix onions, peas, beans, tomatoes, peppers and spinach into these dishes.
 - Steam, microwave or roast vegetables for an easy side dish. You can use either fresh or frozen veggies.

Fruit & Vegetable Preparation & Variety

Snacks

- Dippers: Apples slices, carrots and celery sticks, cucumbers in yogurt, hummus, nut or seed butters
- Fruit or vegetable kabobs
- Fruit pizza
- Baked fruit (cinnamon apples)
- Look in *Snack Inspiration*



And last, here are some ideas for snacks. Serve:

- Fruits and veggies with a dip, such as apple slices with nut or seed butter, or carrot or celery sticks with hummus or yogurt.
- Colorful fruit and vegetable kabobs
- Fruit pizza, such as watermelon slices with additional fruit topping.
- Baked fruit, such as baked apple slices with cinnamon
- There are more ideas in *Snack Inspiration*, which is a new resource with 240 different snack ideas, including a recipe for crockpot apples with cinnamon. We will talk about *Snack Inspiration* later in the presentation.

Purchasing, Measuring, and Serving Fresh Fruits and Vegetables

Lunch / Supper

START HERE: Enter projected number of children here

Ages of Children		Numbers will populate below and calculate total amounts of food required
1-2	15	
3-5	30	
6-18		
Adults*	5	
TOTAL	50	

different types of milk that must be served for children 1 year olds, enter numbers for 1 and 2 separately:

Milk			
Projected Number	Required Serving Size	Amounts Required	
	0.5 cup	0	Whole
	0.5 cup	0	1%/skim
5	0.75 cup	22.5	1%/skim
18	1 cup	0	1%/skim
Its*	0.75 cup	3.75	1%/skim
Total Needed (Cups)^			26.25

^Total cups of milk needed includes only 1%/skim milk

Fruits **			
Ages of Children	Projected Number	Required Serving Size	Amounts Required
1-2	15	0.125 cup (H8)	1.875
3-5	30	0.25 cup (H4)	7.5
6-18	0	0.25 cup (H4)	0
Adults*	5	0.25 cup (H4)	1.25
Total Needed (Cups)			10.625

**A second vegetable may be served in place of fruit. When served, must serve minimum fruit serving size.

Meat Alternate (meat, poultry, fish, cheese)			
Projected Number	Required Serving Size	Amounts Required	
15	1 oz	15	
30	1.5 oz	45	
0	2 oz	0	
5	1.5 oz	7.5	
Total Needed (Ounces)			67.5

Vegetables			
Ages of Children	Projected Number	Required Serving Size	Amounts Required
1-2	15	0.125 cup (H8)	1.875
3-5	30	0.25 cup (H4)	7.5
6-18	0	0.5 cup (H2)	0
Adults*	5	0.25 cup (H4)	1.25
Total Needed (Cups)			10.625

Purchasing:

- Determine total amount needed
- Meal Requirements Calculator



[Meal Requirements Calculator](#)

Now that you have ideas of how to serve a variety of different fruits and veggies, let's discuss how to purchase, measure and serve fresh fruits and vegetables. This is also a commonly asked question we get.

For purchasing: You first need to determine the total amount of the fruit or vegetable needed for the meal or snack you are serving. The DPI recommends that you use the Meal Requirements Calculator to determine this. We will not be going into the Meal Requirements Calculator in detail today. There was a past Tuesday Talks on Meal Production which goes through using the Meal Requirements Calculator that we recommend you view.

The meal requirements calculator on this slide shows that for the number and ages of children and program adults entered at the top, we need 10.6 cups of fruit and 10.6 cups of vegetables.

Purchasing, Measuring, and Serving Fresh Fruits and Vegetables

The screenshot shows the Food Buying Guide Calculator interface. At the top, there are navigation tabs for Meats/Meat Alternates, Vegetables, **Fruits**, Grains, Milk, Other Foods, and Shopping List. A search bar contains the keyword "apples". Below the search bar, a list of items is shown with "Add" buttons. The selected item is "Apples, fresh, Whole, Includes USDA Foods" with a purchase unit of "Pound", a price of 14.56, and a serving size of "1/4 cup raw, unpeeled, cored, sliced fruit".

The detailed view below shows the following data:

Food Item Description	Purchase Unit	Number of Purchase Units on Hand	Number of Servings	Exact Quantity	Buy Purchase Units	Action
Apples, fresh, Whole, Includes USDA Foods, raw, unpeeled, cored, sliced fruit	Pound			3.0220	3.25	Add Serving Size

Below this table, a "Servings" section is shown with a table:

#	Serving Size	Number of Servings	Action
1	1 cup	11	Remove Serving Size

Annotations in the image include: (2) Item keywords search bar; (4) Number of Purchase Units on Hand; (5) Buy Purchase Units; (6) Serving Size dropdown; (7) Number of Servings input field. A red arrow points from the "Buy Purchase Units" value (3.25) to the "Purchase Unit" input field (Pound).



www Food Buying Guide Calculator


Once you have the total amount needed, use the Food Buying Guide calculator to determine how much to purchase. Again, the past Tuesday Talks on Meal Production goes through using the Food Buying Guide Calculator.

On the previous slide, the Meal Requirements Calculator told us we need 10.6 cups of fruit. I am rounding this amount up to 11 cups. This slide shows how many pounds of apples must be purchased to have enough for 11 cups of apples, which is 3.25 pounds.



When using the Food Buying Guide Calculator for fruits and vegetables, you will sometimes see different sizes of fruit listed, for example, 100 or 125 count. The count number is how many pieces of fruit or vegetable fit in a specific-sized box. The smaller the count number, the larger the piece of fruit or vegetable.

Fruit & Vegetable Serving Size Guide


Fruit and Vegetable Serving Size Guide
This guide provides the amounts of whole fruits and vegetables needed to credit as 1/4 cup and 1/2 cup. The "count" number in the Size column is how many pieces of fruit or vegetable fit in a specific sized box. The smaller the count number, the larger the piece of fruit or vegetable. Measurements in the Size column are the number of inches the fruit is in diameter.

Fruit	Size	1 whole fruit is equal to amount below	Amount to credit as 1/4 cup	Amount to credit as 1/2 cup
Apple	100 count (2 1/4 inch), large	1 1/4 cups	1/4 large apple	1/2 large apple
	125-138 count (2 7/8 - 2 1/2 inch), med	1 cup	1/4 medium apple	1/2 medium apple
	163 count (2 inch), small	3/4 cup	1/4 small apple	1/2 small apple
Apricot	Fresh, medium	1/4 cup	1 apricot	2 apricots
Banana	1/2" x 2" and 1/2" count	1/4 cup	1 banana	2 bananas
Cantaloupe	Whole, medium	2 1/4 cups	1/4 cantaloupe	1/2 cantaloupe
Cherries	Whole	1/4 cup	7 cherries	14 cherries

Vegetable	Size	Amount to credit as 1/4 cup	Amount to credit as 1/2 cup
Raw leafy greens		1/4 cup	1/2 cup
Cooked leafy greens		1/4 cup	1/2 cup
Carrots	4 inch x 1/2 inch sticks	3 sticks	6 sticks
Celery	4 inch x 1/2 inch sticks	3 sticks	6 sticks
Corn	Medium ear	1 ear of corn	1 ear of corn
Cucumber	3 inch x 1/2 inch sticks (pared or unpared)	3 sticks	6 sticks
Potato	100 count (6 ounces by weight)	1/4 (oz potato)	1/2 (oz potato)
	300 count (8 ounces by weight)	1/8 (oz potato)	1/4 (oz potato)
	80 count (10 ounces by weight)	1/16 (oz potato)	1/8 (oz potato)
Radish	Fresh, without tops, small	7 radishes	14 radishes
	Cherry whole	3 cherry tomatoes	6 cherry tomatoes
Tomato	Small or medium, 1/4 inch thick slices	4 slices	8 slices
	Large, 1/4 inch thick slices	2 slices	4 slices
Turnip	2 inch x 1/2 inch sticks	7 sticks	14 sticks
Zucchini (summer squash)	3 inch x 1/2 inch raw sticks	3 sticks	6 sticks

To help know how much to serve of certain fruits and vegetables, we created a new resource called the *Fruit and Vegetable Serving Size Guide*. The guide gives information on amounts to serve to provide 1/4 cup and 1/2 cup serving, and it also provides approximate sizes for some of the fruits and veggies and their count number. For example, using apples again, we're looking at the 125-138 count, medium-sized apple, and the chart shows that you need to serve 1/4 of a medium-sized apple to get a 1/4 cup and 1/2 of a medium-sized apple to get a 1/2 cup.

Please note that the serving sizes and yields are approximate, and you should double check to ensure your serving sizes meet meal pattern requirements.



Purchasing, Measuring, and Serving Fresh Fruits and Vegetables



Measuring Cups



For items not on the previous chart, such as broccoli and blueberries, the best way to serve these is to use measuring cups to measure the correct amount for each participant. For example, use $\frac{1}{4}$ cup measuring cup to serve $\frac{1}{4}$ cup blueberries to 3–5-year-olds at lunch/supper.

Fruits and Vegetables: Credit Different

Fruits and Vegetables	Crediting Information
Raw leafy green vegetables (ex. spinach, kale, collard greens, and lettuce)	Credit for half of the amount served 1 cup raw spinach = ½ cup vegetables
Cooked leafy green vegetables	Credit for entire amount served 1 cup steamed spinach = 1 cup vegetables
Dried fruits and vegetables (ex. raisins, craisins, sun-dried tomatoes)	Credit for twice the amount served ¼ cup raisins = ½ cup fruit
Tomato paste and tomato puree credit based on their whole food equivalency	1 Tablespoon tomato paste = ¼ cup vegetable 2 Tablespoons tomato puree = ¼ cup vegetable

This slide shows serving size information for fruits and vegetables that are credited differently.

- Raw leafy green vegetables such as spinach and kale credit for half the amount served. So, 1 cup raw spinach credits as ½ cup vegetable.
- In comparison, cooked leafy greens credit for the entire amount served. So, 1 cup steamed spinach credits as 1 cup vegetable.
- Dried fruits and vegetables such as raisins credit for twice the amount served. ¼ cup raisins credit as ½ cup fruit.
- Tomato paste and tomato puree credit based on their whole food equivalency. 1 Tablespoon tomato paste credits as ¼ cup vegetable and 2 Tablespoons tomato puree credits as ¼ cup vegetable.

Measuring and Serving Fruits and Vegetables



Visual Portion Size Guide: Fruit

This handout is a visual tool to help estimate portion sizes. Refer to the CACFP Meal Pattern or the chart below for required minimum serving sizes. Print this document in actual size to retain true portion sizes. Select "Actual Size" when printing.

-  [Apple Slices](#)
-  [Orange Smiles](#)
-  [Blueberries](#)
-  [Diced Peaches](#)
-  [Fruit Cocktail](#)
-  [Banana Slices](#)
-  [Grapes](#)
-  [Pineapple](#)
-  [Kiwi](#)
-  [Strawberries](#)
-  [Mandarin Oranges](#)
-  [Melon](#)

Required Minimum Serving Sizes of Fruit			
	Breakfast	Lunch/Supper	Snack
1-2 year olds	1/8 cup	1/8 cup	1/8 cup
3-5 year olds	1/4 cup	1/4 cup	1/4 cup
6-18 year olds	1/2 cup	1/2 cup	1/2 cup
Adult Day Care Participants	1/2 cup	1/2 cup	1/2 cup

Apple Slices



1/4 cup

1/2 cup

3/4 cup

Melon



1/4 cup

1/2 cup

3/4 cup



[Visual Portion Size Guide: Fruit](#)

The DPI also has a *Visual Portion Size Guide* for both fruits and vegetables which shows pictures of different fruits and vegetables and their serving sizes in a 1/4 cup, 1/2 cup and 3/4 cup. This slide shows the 12 different fruits included in the fruit guide and the visual serving sizes for apple slices and melon.

Measuring and Serving Fruits and Vegetables



Visual Portion Size Guide: Vegetables

This handout is a visual tool to help estimate portion sizes. Refer to the CACFP Meal Pattern or the chart below for required minimum serving sizes. Print this document in actual size to retain true portion sizes. Select "Actual Size" when printing.

- [Baby Carrots](#)
- [Baked Beans](#)
- [Black Beans](#)
- [Broccoli](#)
- [Cauliflower](#)
- [Celery](#)
- [Cherry Tomatoes](#)
- [Corn](#)
- [Cucumber Slices](#)
- [Diced Tomato](#)

- [Garbanzo Beans](#)
- [Green Beans](#)
- [Jicama Sticks](#)
- [Mixed Vegetables](#)
- [Peas](#)
- [Sliced Bell Peppers](#)
- [Sugar Snap Peas](#)

	Required Minimum Serving Sizes of Vegetables		
	Breakfast	Lunch/Supper	Snack
1-2 year olds	¼ cup	½ cup	¼ cup
3-5 year olds	½ cup	¾ cup	½ cup
6-18 year olds	¾ cup	1 cup	¾ cup
Adult Day Care Participants	¾ cup	1 cup	¾ cup

Celery



½ cup

½ cup

½ cup

Cherry Tomatoes



½ cup

½ cup

½ cup



[Visual Portion Size Guide: Vegetables](#)

This slide shows the 17 different vegetables included in the vegetable guide and the visual serving sizes for celery and cherry tomatoes. These guides may be helpful to post in the kitchen, so the food preparer knows how much to dish up for each participant or in the classrooms, so the teachers or children know how much to put on their plates.



Disguise Fruits and Vegetables

Pureed vegetables or fruits may contribute to the CACFP meal pattern if the dish also provides $\frac{1}{8}$ cup or more of visible, creditable fruits or vegetables

- Pureed or finely chopped vegetables into soups, sauces and casseroles
- Mashed black beans, added to ground beef (chili, burgers, meatloaf, meatballs)
- Cauliflower crust, rice, mashed “potatoes”
- Salsa
- Smoothies

Another question about fruits and vegetables is “What are some ways to disguise veggies so our kids will eat more?”

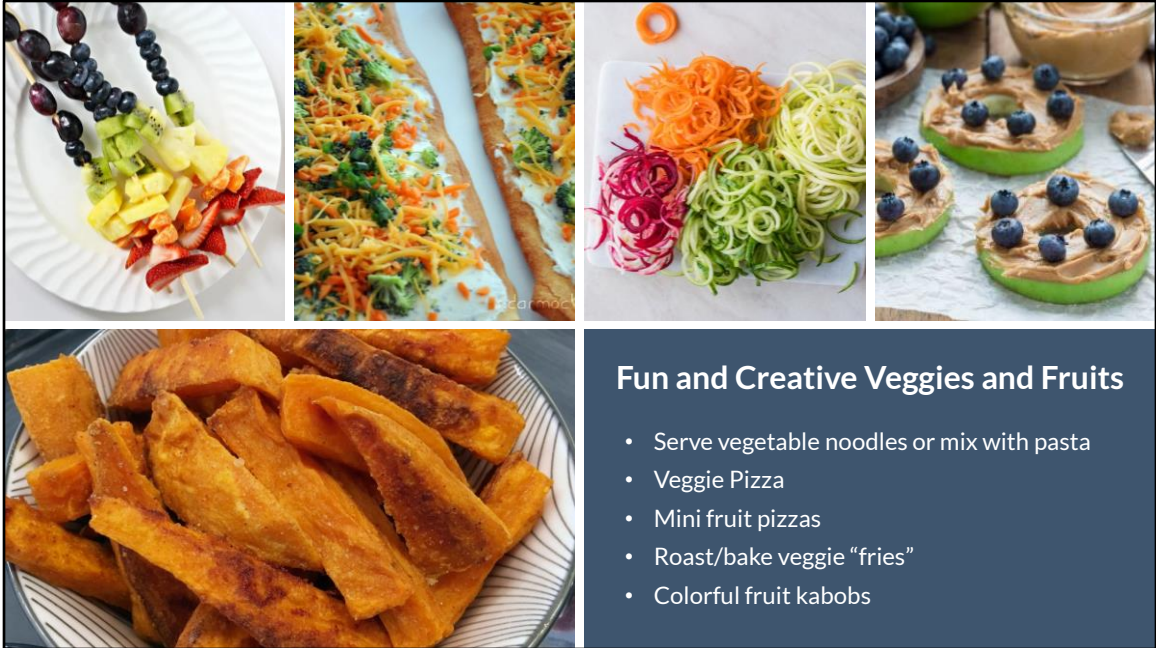
Veggies are best disguised when they are pureed or mixed in with other foods.

With that said, CACFP allows disguised, unrecognizable pureed vegetables to contribute to CACFP meal pattern requirements if the dish also provides an $\frac{1}{8}$ cup or more of visible, creditable vegetables. For example, in macaroni and cheese made with pureed carrots, the pureed carrots can count toward the vegetable component if there is at least an $\frac{1}{8}$ cup of a visible vegetable, such as whole peas or squash, in each portion of the macaroni and cheese dish.

Some ideas include:

- Adding pureed or finely chopped vegetables into soups, sauces and casseroles.
- Mashed black beans added to ground beef for homemade burgers, chili, meatloaf or meatballs.
- Using cauliflower as pizza crust, rice, or as what look like mashed “potatoes,”
- Salsa – while not completely ‘disguised,’ it is a mixture or puree of veggies.
- Puree fruits and vegetables into a smoothie. Just remember when pureed as a smoothie, the fruit/vegetable counts as juice.

While disguising fruits and vegetables is one way to help children eat more of these foods, it is important to remember that meals served in the CACFP are part of a nutrition education opportunity to help children learn how to build a healthy plate. It is important for young children to be able to identify the components in a healthy meal



Fun and Creative Veggies and Fruits

- Serve vegetable noodles or mix with pasta
- Veggie Pizza
- Mini fruit pizzas
- Roast/bake veggie “fries”
- Colorful fruit kabobs

Rather than disguising, try these tips to serve fruits and vegetables in fun, creative ways:

- Serve vegetable noodles such as zucchini noodles in place of pasta or mix vegetable noodles in with pasta
- Make Veggie pizza
- Mini fruit pizzas such as cored apple slices topped with nut or seed butter and berries
- Roast or bake vegetable sticks to serve as “fries”- such as sweet potatoes, zucchini, jicama
- Serve colorful fruit kabobs



Add Flavor!

- Add flavors: Parmesan cheese, Cinnamon, Soy sauce
- Roast vegetables
- Bake fruit



Another idea to get kids to eat veggies and fruit is to pack on the Flavor: Many kids simply don't enjoy the tastes of some vegetables, so adding flavors such as Parmesan cheese on broccoli, cinnamon to carrots, or soy sauce on asparagus may increase acceptance of these foods.

Also, some kids don't like the texture of certain vegetables. So, you can try roasting vegetables to make them crisp and add seasoning for flavor. Roasting vegetables like broccoli, cauliflower or Brussels sprouts tames their strong bitter flavors. Baking fruit like bananas and pineapples evokes an extra sweetness that kids will love.

Flavor Shakers

Great on Potatoes

2 tablespoons dill weed
1 tablespoon garlic powder
1 tablespoon onion powder

1 tablespoon paprika
1 tablespoon dried parsley
1 tablespoon dried sage



Great on Squash and Carrots

2 tablespoons cinnamon
1 tablespoon ground cloves
1 tablespoon ground ginger

1 tablespoon nutmeg



Great on Vegetables and French Fries

2 tablespoons chili powder
2 tablespoons cumin
1 tablespoon crushed red pepper

1 tablespoon onion powder
1 tablespoon granulated garlic



Great on Vegetables

2 tablespoons black pepper
1 tablespoon cayenne pepper
1 tablespoon paprika

1 tablespoon onion powder
1 tablespoon garlic powder



Fruits and Vegetables: Ways to Prepare and Season

Cycle Menus for Child Care: Preschoolers

Fruits and Vegetables: Ways to Prepare and Season

Apples

Applesauce

Place peeled, cored, and sliced apples in ¼ inch water. Steam apples in a microwave or pan until soft and add water if needed. Remove from heat, mash apples to desired consistency, and add seasonings. Eat warm or allow to cool.

Bake

Select larger apples and remove the core with a knife, leaving ½ inch of the apple core intact at the bottom. Put a small amount of seasoning in the hole. Place apples in a baking pan and add ¼ cup water to the pan. Bake at 375 °F for 30–40 minutes or until desired tenderness.

Grill

Combine ½ cup water and ¼ cup lemon juice in a large bowl and put sliced apples in the mixture for 30–60 minutes. Place soaked apple slices on skewers and grill about seven minutes on each side. Once grilled, remove from heat and add seasonings. For added variety and texture, add apples to grilled meat or vegetable kabob.

Raw

Rinse and dry an apple to enjoy as is, or slice and dip in peanut butter, yogurt, or hummus. Dip apple slices in lemon juice to prevent browning.

Season

Enhance the flavor of apples with cinnamon, clove, ginger, or nutmeg.



Apricots

Broil

Set broiler to high, with rack about four inches from heat. Cut apricots in half and remove the pit. Place on a baking sheet with the skin side down and cut side up—cook 2–5 minutes or until tender.

Grill

Pierce the apricots (whole or halved) with skewers. Brush with honey and grill until



Fruit & Vegetable Preparation & Variety

juice. Remove from the liquid when tender, cinnamon or cloves to enhance flavor.



Cycle Menus for Child Care

The *Cycle Menus for Childcare: Preschoolers* resource has sections in the back that address different ways to prepare and season fruits and vegetables, including 7 pages of ways to prepare them baked, broiled, grilled, poached, raw, etc. It also includes ideas for spice mixes you can add to different vegetables to enhance flavor.

Healthy Bites

How to Buy and Prepare Fruits & Vegetables

How to buy and prepare fruits & vegetables for taste-testing



Avocado: A ripe avocado will yield slightly to the touch. Ripe avocados will ripen in a paper bag or on the counter. Do not refrigerate avocados. To prepare, wash and cut in half lengthwise going around the pit. Twist the two halves gently to separate. Wedge a knife in the pit and gently pull to remove it. Pull off the skin with your fingers and slice.



Sweet potatoes: Choose sweet potatoes that are firm with no cracks or bruises. To keep them fresh, store them in a dry, cool place. Do not store in the refrigerator. If stored properly, sweet potatoes will keep for a month or longer. At room temperature, they should be used within a week of purchase. Sweet potatoes can be eaten raw, e.g., sweet potato sticks, but are usually cooked or baked. They can be prepared like regular potatoes.



Kiwi: Kiwi is ripe when slightly soft to the touch and has a fragrant smell. Ripen kiwi can be stored in the refrigerator for up to seven days. If they need to be stored longer, put kiwi in a plastic bag in the refrigerator for up to two weeks. To peel, cut off the top and bottom ends and then peel down the sides with a vegetable peeler or knife.



Broccoli Sprouts: Look for firm, fresh, bright green sprouts with light-tinting water leaves free from black spots. Buy young, small sprouts about 1 inch in diameter. Do not wash or trim sprouts before storing them. To prepare, trim stem ends without cutting the base of leaves or the sprouts will come apart during cooking. The easiest way to cook is in the microwave but they can also be steamed, sautéed or baked.



Spinach: Look for fresh, green leaves that are not wilted, damaged or browned. Leaves should be dull green on top and bright green on the underside. Wash under clean, running water. Serve raw or cooked, e.g., steamed, baked, microwaved, sautéed or stir-fried.



Mango: Should smell sweet and be soft when pressed. Color is not a reliable indicator of ripeness. To prepare, hold them upright and cut down along one of the fat sides, carrying your knife to avoid the large seed pit. Repeat on the other side. Score out chunks of fruit from the peel. Turn the rest of the fruit off the pit and peel.



Pomegranate: Choose fruit that is brightly colored, plump and heavy. A pomegranate should not be firm but not too soft either. The skin should not have any blemishes or cracks. To prepare, cut off the crown (top) of the pomegranate. Score the rind in several places, but do not cut all the way through. Soak in cold water, sprinkle down for 15 minutes. Break apart the rind under water and remove seeds. Strain the seeds from the water. Seeds needs an airtight container in the refrigerator for up to two days.



Beets: Fresh beets should be firm, round and smooth with no soft spots. To prepare, cut off the stem and root, wash and scrub thoroughly. The red outer skin has a protective wax-like surface with fine paper. Beets can be boiled, roasted or steamed. If you cook them repeatedly they can be eaten like baked potato.



Asparagus: Buy asparagus with the rice attached and when it is firm and does not disintegrate. Large joints are usually not as flavorful as smaller ones. To prepare, trim the right lower stem with a vegetable peeler. Do not eat any of the skin or the flesh right under the skin both are tough and inedible. Cut the asparagus in half. With cut side down, cut the stems in thirds. Asparagus can be eaten raw or cooked, e.g., steamed, roast, baked, broil or sauté.



Kohlrabi: Look for small bulbs of kohlrabi — about 3 inches in diameter or less — for a sweeter, more tender flavor. Large kohlrabi bulbs tend to be woody. To prepare, cut off the leafy stalks and trim kohlrabi bulb stem. Wash and peel before slicing. Kohlrabi can be cut into wedges and sautéed, or cooked by steaming or boiling.



Eggplant: Look for smooth skin, bright green color, compact flesh and healthy cut ends. Thickness is no way indicates a lack of tenderness. Young or long-stemmed eggplants can be tough and flavorless. Fresh, fat spines can be somewhat sweet and tender. To prepare, trim off stem ends. Eggplant can be roasted, grilled, steamed, baked or pan-fried.



Eggplant: Select eggplants that are relatively heavy for their size, with skin that are smooth, taut, and shiny. Tendrils, scars, or blisters on the skin are signs of decay underneath. When you press an eggplant with your thumb, it should feel firm and bounce back. The fatty caps and stems should be green and free of decay and mold. Eggplant is usually not eaten raw, instead it is cooked when fully cooked, e.g., grill or roast.



Squash: Choose squash that are firm and fully heavy for their size, otherwise they may be dry and stringy inside. Look for squash that have bright, glossy surfaces and do not buy when they have cracks or bruises on their skins or soft spots.



Summer squash varieties are miniature squashes, usually small in size, with a soft skin, white flesh and varying textures. They are 100% soluble, sweet and soft. Cucurbit is the most popular variety. Summer squashes have high water content so when you prepare them do not overcook or they will turn to mush. Overcooking is probably why so many kids hate squash!



Winter squash varieties are fully mature squashes, usually large in size, with a hard outer skin and a long shelf life. They are always eaten cooked and are most prepared baked or roasted. Acorn, spaghetti and butternut squashes are the most popular variety.



Healthy Bites

Healthy Bites also has a list of 14 different fruits and vegetables and includes information on how to buy and prepare each one.

Knife Skills Videos

- Cutting Bell Peppers
- Cutting Vegetables Slicing and Rocking Method
- Dice and Julienne Onions
- Kiwis and Oranges
- Dicing Tomatoes
- Peeling and Cutting Squash
- Watermelon and Cantaloupe

 [Oregon Department of Education CACFP Training Center Culinary Skills Videos](#)



And if you are wondering how to cut or prepare certain fruits and vegetables, we recommend searching for videos on how to cut them. The Oregon Department of Education has videos on how to cut the fruits and vegetables listed on the slide.



Best Practices for Fruits & Vegetables

Another request we received was to talk about best practices for fruits and vegetables. The following best practices come directly from USDA.

Best Practices for Fruits & Vegetables

Serve a fruit or vegetable for at least one of the two components of snack



Monday	Tuesday	Wednesday	Thursday	Friday
Mini cheddar rice crisps topped with Slices of natural cheese	WGR tortilla chips Refried beans and salsa mix	Oatmeal Peaches	Deviled eggs Yellow cherry tomatoes	Honeychip apple Roasted soy nuts
Carrot coins Kiwi slices	Ham and cheese rollup on WGR tortilla	Warmmed bread sticks Baked spaghetti squash (with marinara & cheese)	Whole grain cereal Craisins	Baked Zucchini "Chips" Deli ham or turkey slices
Blueberry yogurt Crushed pineapple	Sliced bell peppers Strawberries	Cheese sandwich on WGR bread (hot or cold)	Rice cake topped with Tomato slices and corn salsa	Cantaloupe Banana Chip Muffins*
Vegetarian baked beans Scrambled eggs	Raspberries Cheese cubes	Peach slices Roasted edamame	Breakfast burrito WGR tortilla with cheesy scrambled egg	Roasted Cauliflower "Popcorn" Bread "Sticks" (WGR bread toasted and cut into sticks)
Homemade pumpkin muffin Fresh pear slices	White Bean Ranch Dip* Dipping veggie (carrot sticks, celery, jicama)	Fruit Salad* Canadian bacon	Misty Watermelon Cucumber Salad*	Vanilla yogurt Granola or other WGR cereal
Sweet potato grain bowl Quinoa and roasted diced sweet potato	Mini bagels (spread cream cheese or nut or seed butter on bagel)	Baked zucchini spears Cheese stick	Canned peaches Cottage cheese	Crockpot Apples with Cinnamon* Tomato wedges
Mini chocolate rice crisps Vanilla yogurt	Whole Wheat Corn Bread* Roasted asparagus spears	Oatmeal with Cinnamon applesauce	Sweet potato "fries" Hard-boiled egg	Honeydew melon Shredded cheese

KEY: Meat/Meat Alternate & Grain Vegetable & Grain Fruit & Grain Vegetable & Meat/Meat Alternate Fruit & Meat/Meat Alternate Fruit & Vegetable

WGR = Whole Grain Rich *Snack Inspiration Recipe



The first is to serve a fruit or vegetable for at least one of the two components at snack.

If you need snack ideas, the new resource that was just mailed out called, *Snack Inspiration* has 240 different snack ideas and many of them include fruits or vegetables. Snack ideas are color coded, so you know which components are included in the snack. At the bottom of each menu page is a Key that identifies the components. As you can see, many of them include fruits and vegetables.

There are also recipes in *Snack Inspiration* for fruits and vegetables such as Baked Zucchini Chips, Roasted Cauliflower popcorn, and Fruit Salad.

Best Practices for Fruits & Vegetables

Serve a variety
of whole fruits
(fresh, canned,
frozen, or dried)
more often than
juice



The second best practice is to serve a variety of fruits and choose whole fruits (fresh, canned, frozen, or dried) more often than juice. Hopefully, you will be able to implement this best practice now that you have all these good ideas from today's webinar!

Best Practices for Fruits & Vegetables

One serving of the following vegetables each week:

- Dark green
- Red and orange
- Beans and peas (legumes)
- Starchy
- Other vegetables

www.vegetablesubgroups.com

&CACFP **Vegetable Subgroups**

Below are lists of vegetables categorized into five subgroups. It is best practice to serve vegetables from different subgroups. For information about crediting and yields, visit the [USDA Food Buying Guide](https://www.fns.usda.gov/food-buying-guide).

Dark Green	Other	Red/Orange	Beans and Peas (Legumes)	Starchy
Fresh, frozen, and canned	Fresh, frozen, and canned	Fresh, frozen, and canned	Canned, frozen, or cooked from dry	Fresh, frozen, and canned
<ul style="list-style-type: none"> Beet greens Bok choy Broccoli Broccoliini Chicory Collard greens Endive (escarole) Grape leaves Kale Lettuce (e.g., butterhead, bibb, Boston, arugula, spring mix, etc.) Mustard greens Spinach Swiss chard Romaine lettuce Turnip greens Watercress 	<ul style="list-style-type: none"> Artichokes Asparagus Avocado Bamboo shoots Bean sprouts (looked for food safety) (e.g., mung) Beets Bell peppers (green, yellow) Breadfruit Brussels sprouts Cabbage (green, red, celery, napa) Cactus (nopales) Carrots, rainbow (e.g., purple, yellow) Cauliflower Celery Chayote (mirliton) Cucumbers Eggplant Green beans Green chilies (anahim, jalapeño) Green onions Iceberg lettuce Kohlrabi Mushrooms Okra Olives Onions (white, yellow, red) Pepperoncini Pickles (cucumber) Rutabagas Sauerkraut Sweetened Snow peas Sugar snap peas Tomatillo Turnips Wax beans Yellow summer squash Zucchini squash 	<ul style="list-style-type: none"> Acorn squash Bell peppers (orange, red) Butternut squash Carrots Cherry peppers Hubbard squash Poinsettia (poinsettia) Pumpkin Salsa Spaghetti squash Sweet potatoes Tomatoes Tomato products (e.g., puree, paste, sauce, juice) 	<ul style="list-style-type: none"> Baked beans Black beans Black-eyed peas Edamame (soy beans) Garbanzo beans (chickpeas) Great northern beans Kidney beans Lentils Lima beans Mung beans Navy beans (pea bean) Pink beans Pinto beans Red beans Refried beans Soy beans Split peas White beans 	<ul style="list-style-type: none"> Cassava (yuca) Corn Green peas Hominy (canned) Jicama (yam bean) Lima beans, green Plantains Potatoes Potatoes Taro (malanga) Water chestnuts Yautia (tannier)

The next best practice is to provide at least one serving each of dark green vegetables, red and orange vegetables, beans and peas (legumes), starchy vegetables, and other vegetables once per week. To help with this, we created this handout shown on the screen called *Vegetable Subgroups* which is a list of vegetables in each of these five subgroups. Following this best practice will help you serve a variety of vegetables each week.

Best Practices for Fruits & Vegetables

Incorporate seasonal and locally produced foods

www.cyclemenusforchildcare.com

Seasonal Fruits and Vegetables



Spring

- Apples
- Apricots
- Asparagus
- Avocados
- Bananas
- Blueberries
- Broccoli
- Cabbage
- Carrots
- Celery
- Corn
- Collard Greens
- Garlic
- Kale
- Kiwifruit
- Lemons
- Lettuce
- Limes
- Mushrooms
- Onions
- Peas
- Pineapples
- Radishes
- Rhubarb
- Spinach
- Strawberries
- Swiss Chard
- Turnips



Summer

- Apples
- Apricots
- Avocados
- Bananas
- Beets
- Bell Peppers
- Blackberries
- Blueberries
- Cantaloupe
- Carrots
- Celery
- Cherries
- Corn
- Cucumbers
- Eggplant
- Garlic
- Green Beans
- Honeydew Melon
- Lemons
- Lima Beans
- Limes
- Mangos
- Okra
- Peaches
- Plums
- Raspberries
- Strawberries
- Summer Squash
- Tomatillos
- Tomatoes
- Watermelon



Fall

- Apples
- Bananas
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Collard Greens
- Cranberries
- Garlic
- Ginger
- Grapes
- Green Beans
- Kale
- Kiwifruit
- Lemons
- Lettuce
- Limes
- Mangos
- Mushrooms
- Onions
- Parsnips
- Peas
- Pineapples
- Potatoes
- Pumpkin
- Radishes



Winter

- Apples
- Avocados
- Bananas
- Beets
- Brussels Sprouts
- Cabbage
- Carrots
- Celery
- Collard Greens
- Grapefruit
- Kale
- Kiwifruit
- Leeks
- Lemons
- Limes
- Onions
- Oranges
- Parsnips
- Peas
- Pineapples
- Potatoes
- Pumpkin
- Rutabagas
- Sweet Potatoes & Yams
- Swiss Chard
- Turnips
- Winter Squash

The next best practice is to incorporate seasonal and locally produced foods.

Purchasing seasonal foods can help keep food costs down as foods in season usually cost less than when purchasing them during off-season. They are also often fresher, tastier, and have higher nutritional content.

There is a list of seasonal fruits and vegetables in the *Cycle Menus for Child Care* resource.



Best Practices for
Fruits & Vegetables

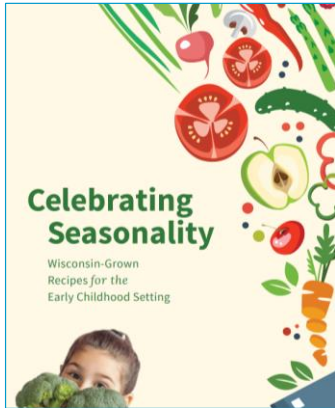
Farm to Early Care and Education (ECE)



Purchasing local foods goes hand in hand with Farm to Early Care and Education, or Farm to ECE. Farm to ECE offers increased access to healthy, local foods, gardening opportunities and food-based activities to enhance the quality of the educational experiences in ECE settings. The DPI has a Farm to ECE website with a lot of information and tips for getting started with Farm to ECE. This includes handouts about farmers markets, gardening, activity ideas, and family engagement ideas. There is also a link for Find a Farmer to locate producers and growers in your area.

The CACFP reimbursement funds you receive can be used to purchase items for gardens such as seeds, fertilizer, watering cans, and rakes, that will be used to grow food as part of the reimbursable meal.

Celebrating Seasonality



RATATOUILLE

INGREDIENTS	8 SERVINGS		25 SERVINGS	
	Measure	Weight	Measure	Weight
Fresh garlic, minced	1 clove		3 cloves	
Yellow onion, sliced	1/2 cup	0.25 lbs	2 1/4 cups	0.5 lbs
Eggplant, cubed	1 1/2 cups	0.25 lbs	6 cups	1 lb
Green Peppers, cubed	1 cup	0.25 lbs	4 cups	1 lb
Tomatoes, chopped	1 cup	0.66 lbs	3 1/2 cups	1.25 lbs
Zucchini, cubed	1 cup	0.5 lbs	4 cups	1.25 lbs
Olive oil	2 tsp		2 Tbsp	
Onions, dried	1/4 tsp		1/2 tsp	
Basil, fresh, minced	2 tsp		1 Tbsp	
Thyme, dried	1/4 tsp		1/2 tsp	
Parsley, fresh, minced	1 tsp		1 Tbsp	
Salt	1/4 tsp		1/2 tsp	
Black pepper	1/4 tsp		1/2 tsp	

Meal Type: Summer lunch
Food components: Vegetables
Specialty crop: Tomatoes, summer squash, eggplants

ADD TO SHOP **SERVING SIZE**
Ages 3-5 1/2 cup
Ages 5-8 1/2 cup

Directions:

- Preheat conventional oven to 350°F (325°F for convection ovens) and wash all vegetables.
- Crush and mince garlic.
- Quarter and dice onion, cube eggplant and zucchini, and coarsely chop peppers and tomatoes into 1/2-inch chunks.
- Mince basil and parsley.
- Place cut vegetables in roasting pan or hotel pan. Drizzle with olive oil.

Tip! Pesto and serve as a pizza or pasta sauce, over bruschetta, etc.

- 12 child-friendly recipes
- Breakfast, lunch, snack recipe for each of the four seasons
- Highlights Wisconsin-grown fruits and vegetables

www.CelebratingSeasonality.com

Another Farm to ECE resource is *Celebrating Seasonality: Wisconsin-Grown Recipes for the Early Childhood Setting* which is a collection of twelve child-friendly recipes for the ECE setting that feature Wisconsin-grown fruits and vegetables. A breakfast, lunch, and snack recipe for each of the four seasons highlights a Wisconsin-grown fruit or vegetable during its 'peak season' in Wisconsin. Recipes are scaled for 8 and 25 servings and include serving sizes for different age groups and CACFP crediting information.

You can download a free copy of this resource in English and Spanish or order a free print copy in English at the link on this slide.



Best Practices for Fruits & Vegetables

Limit serving pre-fried foods to no more than one serving per week (ex. store-bought frozen French fries)

The last best practice is to limit serving pre-fried foods to no more than one serving per week. Pre-fried fruits and vegetables include store-bought frozen potato products such as French fries, tator tots and hashbrowns. These are considered pre-fried because they have already been fried by the manufacturer before being packaged and frozen. So, even when you bake them, they are still pre-fried foods.

Questions?

Consultants by
County



[www](http://www.Consultants by County) [Consultants by County](#)

If you have questions about information in today's Tuesday Talks, or the CACFP in general, please reach out to your assigned consultant. You can find your agency's consultant at the *Consultants by County* link on this slide. Home providers, please contact your home sponsor with questions.

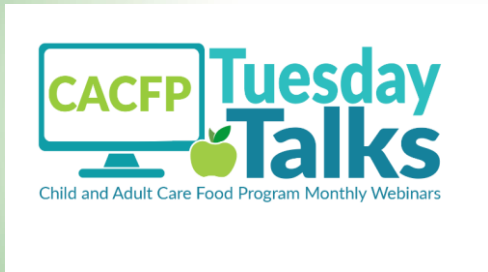
Next CACFP Tuesday Talks



Creditable and
Non-Creditable Foods
September 21st
2:00 – 2:30 p.m.

Our next Tuesday Talks is scheduled for September 21st from 2:00 – 2:30 and will be on Creditable and Non-creditable Foods.

Recorded Tuesday Talks



[www](http://www.cacfp.org) [CACFP Tuesday Talks](http://www.cacfp.org)

Topic	Recorded Webinar	Handout with Transcript	Q&As
Household Size Income Statements (HSIS)	HSIS Recorded Webinar	HSIS Presentation Handout	HSIS Webinar Q&As
Special Dietary Needs	Special Dietary Needs Recorded Webinar**	Special Dietary Needs Handout	SDN Webinar Q&As
Financial Management <i>Maintaining and tracking receipts for CACFP expenses</i>	Financial Management Webinar**	Financial Management: Maintaining Receipts Handout	FM Webinar Q&As
Whole Grain Rich (WGR) <i>Identifying WGR foods using the Rule of Three and CACFP Reference Guide</i>	Whole Grain Rich (WGR) Webinar	Identifying WGR foods using the Rule of Three Handout	WGR Webinar Q&As
Meal Production <i>Using the Meal Requirements and FBG Calculators to determine how much food to prepare</i>	Meal Production Webinar Link	Meal Production Handout	Meal Production Q&As
Using Product Labels to Credit <i>Yogurt, Cereal & Combination Foods</i>	Product Labels Webinar Link	Product Labels Handout	Product Labels Q&As

Don't forget about past Tuesday Talks that are recorded and available online. Also available is the presentation handout with speaker transcript and Q&As.

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- (1) Mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) Fax: (202) 690-7442; or
- (3) Email: program.intake@usda.gov

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