

Independent Program
Fresh Fruit or Vegetable Snack

Planning Considerations

To build a Fresh Fruit or Vegetable Snack opportunity at LRES and IHGMS one day each week, the following would be needed:

~ Coordinating with the schools to determine the same day for this potential opportunity. This day will need to be driven by where you get your produce from, as it will have a very short shelf life and storage would be extremely limited.

~ Keeping this opportunity the same day each week is extremely important. Families and staff will all be counting on whatever day is selected.

~ A clean space to work in where a sink is present, such as a Staff room, Health or FCS room *when they are not in use*.

~ Supplies such as large bags to put classroom counts in, twist ties, Masking tape or some other tag for identifying each bag by teacher & count.

~ A cart for distribution, and food safe products to clean the cart before and after usage for food.

~ Reliable volunteers available each week to select & order your product for the following week.

~ Reliable volunteers available to receive, count and distribute your snacks, possibly transporting it from one school to another.

~ Based on current availability of pre-cut, pre-packaged produce suppliers, you will need to order a minimum of \$450 (PFG, Wednesday delivery) or \$500. (SYSCO, Tuesday delivery)

~ Pre-cut, pre-packaged fruits and vegetables are packed in cases of 100 count for a standard 2 oz serving. The prices vary with the season and the market conditions, but generally range from \$40 to \$65 per case. They are only available as full cases.

~ A consistent procedure for what to do with leftover product would also be needed. Being fresh cut produce, it has a short shelf life, and requires refrigeration. Distribution of excess would be essential.

