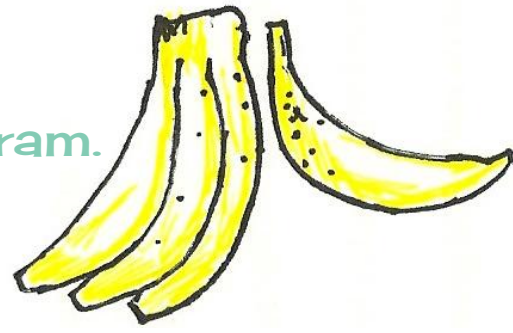


Using Bulk Produce

can save time and money for your program.



We've put together some tips to help you plan and purchase fresh, bulk produce:

Increase shelf life and use storage space efficiently by learning which produce items need to be in the fridge and which don't.

Plan a set of menus in advance that will incorporate your produce. Consider the shelf-life of each produce item when planning (see examples below).

Do the math on how many pounds of each produce item you will use per meal.

Manage surplus produce by freezing, drying or preserving it for use during future weeks.

Example bulk order and 1-week menu for a snack program serving 50 students daily

Order	Monday	Tuesday	Wednesday	Thursday	Friday
1 case gala apples (100ea) 1 case bananas (40lbs) 1 case green peppers (20lbs) 1 case mini carrots (30lbs)	1 apple cheese cinnamon	1 banana milk	peppers carrots hummus	banana slices apple slices nut or seed-butter dip	eggs scrambled with carrots, green peppers & cheese

Leftovers at end of week one: 20-30 apples, (keep 3-4 weeks), 5-15 bananas (peel & freeze), ½ case of peppers (keep 1 week), ¾ case of carrots (keep 3-4 weeks).

Example bulk order and 1-week menu for a breakfast program serving 100 students daily

Order	Monday	Tuesday	Wednesday	Thursday	Friday
2 cases bananas (40lbs) 2 cases oranges (88ea) 1 case kiwi (114ea) 1 case cherry tomato(12pk) 1 case cucumbers (12ea) 1 case snap peas (25lbs)	pita slices tzatziki* cherry tomatoes snap peas	kiwi, banana & cucumber smoothies muffin**	scrambled egg snap peas cucumber tomatoes toast	1 banana milk oatmeal cinnamon	1 orange milk muffin**

Leftovers at end of week one: 15-20 bananas (peel/freeze or bake into muffins/freeze), 76 oranges (will last another 2-3 weeks), 50-60 kiwis (will last another week; can also be frozen), 1 cucumber, 5lbs snap peas (freeze or use early next week), no tomatoes.

* homemade tzatziki made with greek yogurt and fresh cucumber

** homemade muffin made using ripe bananas



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