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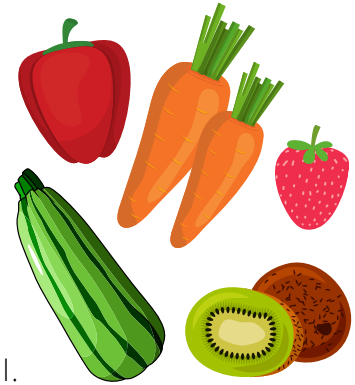
Example bulk order and 1-week menu for a snack program serving 50 students daily

ORDER	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 case gala apples (100ea)	1 apple	peppers	banana slices	banana slices	eggs scrambled
1 case bananas (40lbs)	cheese	carrots	apple slices	apple slices	with carrots,
1 case green peppers (20lbs)	cinnamon	hummus	nut or seed-	nut or seed-	green peppers
1 case mini carrots (30lbs)			butter dip	butter dip	& 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)	pita slices	kiwi,	scrambled egg	1 banana	1 orange
2 cases oranges (88ea)	tzatziki*	banana &	snap peas	milk	milk
1 case kiwi (114ea)	cherry	cucumber	cucumber	oatmeal	muffin**
1 case cherry tomato(12pk)	tomatoes	smoothies	tomatoes	cinnamon	
1 case cucumbers (12ea)	snap peas	muffin**	toast		
1 case snap peas (25lbs)					

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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