

# FRUITS

## New Requirements

School Food Authorities shall make an effort to provide a variety of fruits throughout the week making sure many choices are offered.

**Breakfast:** Beginning with school year 2014–15, School Food Authorities should offer one cup of fruit at all points of service for breakfast. 100% strength fruit juice may only count as 1/2 of the fruit component.

**Lunch:** Students must take a fruit or a vegetable as part of the reimbursable meal.

When using frozen and canned fruits, schools should use products in natural juice, water, or light syrup.

## Foundations

Fresh, frozen, canned, or dried fruits are the major sources of many vitamins and minerals, including Vitamin A and C, folate, and potassium. They also contain antioxidants, fiber, and other phytonutrients with health-promoting qualities.

One of the key recommendations in the 2010 Dietary Guidelines for Americans (DGAs) is to choose a variety of fruits



each day. Fruits offer different combinations of nutrients so consuming a variety of fruits is important for a well-balanced diet. Americans need to specifically increase their intake of orange fruits.

The DGAs recommend the consumption of whole fruits rather than juices to ensure adequate fiber intake.

## What are Orange Fruits?

Most children and adults need to eat more orange fruits that are usually higher in nutrients than lightly colored fruit. Orange fruits include: oranges, peaches, and apricots, although, there are many other kinds of orange fruits.

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## Using USDA Foods

A variety of fruits are available in Alaska through the USDA Foods Program. The program offers fruits in many forms, including frozen, canned, and dried.

## Menu Tips

- Wild blueberries may be harvested and used in school meals for local flavor.
- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Cut up fruits, especially apples and oranges, to make them easier to eat.
- Choose a variety of fruits with contrasting colors and shapes to catch students' attention



## Recipe Ideas

- Make a colorful salad by adding a variety of fruits
- For breakfast, top pancakes, French toast, or waffles with berries, apples, peaches, or pears.
- Add fruits to desserts such as a fruit cobbler or a fruit salad



## Alaska Options

*Alaska Grown* fruit options are primarily berries.