



## Challenge 3:

---

The Fruit and Vegetable  
Challenge!

# Looking Back

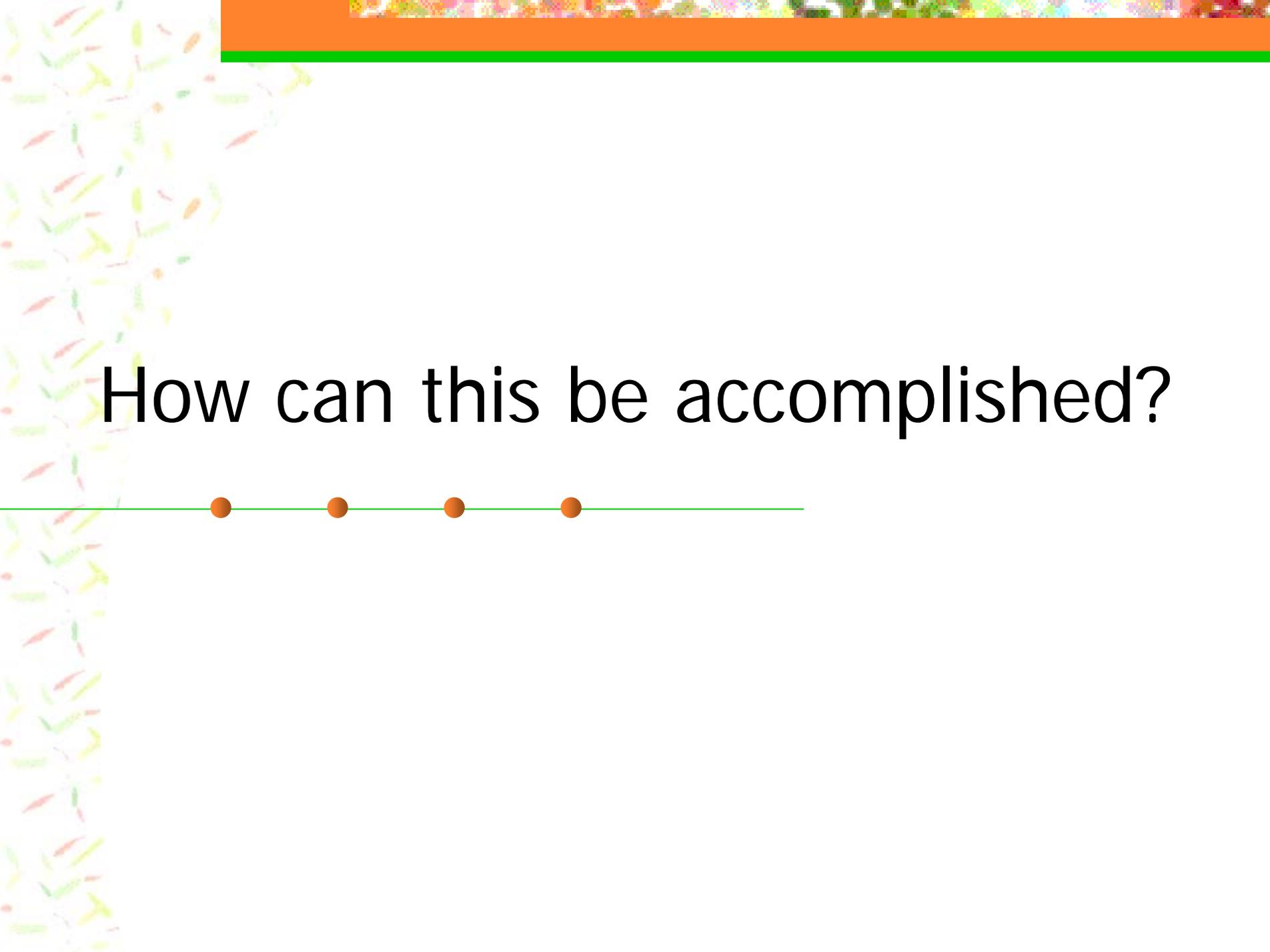
- 2005 Dietary Guidelines for Americans
- MyPyramid



# HealthierUS School Challenge

## Fruit and Vegetable Criteria

- Goals for HealthierUS School Challenge:
  - Offer 3 different fruits each week.
  - Offer 5 different vegetables each week.
  - Offer fresh fruits or raw vegetables 3 or more days per week (bronze/silver) or daily (gold).
  - Offer dark green or orange vegetables 3 or more days per week (bronze/silver) or daily (gold).
  - Offer one good source of vitamin C (8 mg or more/serving) daily.



How can this be accomplished?



# Offer 3 Different Fruits Each Week

- Focus on fruits and vary what you are serving.
- Remember that fresh, frozen, canned, and dried fruits are available.
- Juice may only be counted 2 times per week in the HealthierUS School Challenge.



# How Does Your List Compare?

- Apples, apricots, avocado, applesauce
- Bananas, berries (straw, blue, rasp, black, cherries)
- Cranberries
- Grapefruit and grapes
- Kiwi
- Lemons, limes
- Mangos, melons (honeydew, cantaloupe, water)
- Mixed fruit – cocktail
- Nectarines
- Oranges (fresh, mandarin)
- Peaches, pears, papaya, pineapple, plums, prunes
- Raisins, dates, figs
- Tangerines
- 100% fruit juice
  - Apple, cranberry, fruit juice blends (100% juice), grape, grapefruit, orange, pineapple, prune

# Offer 5 Different Vegetables Each Week

- Eat more dark green vegetables.
- Eat more orange vegetables.
- Eat more dried beans and peas.
- Vegetable juice may only be counted 2 times per week in the HealthierUS School Challenge.



# Vegetable Categories from MyPyramid

- **Dark Green Vegetables**

bok choy, broccoli, collard greens, dark green leafy lettuce, kale, mesclun, mustard greens, romaine lettuce, spinach, turnip greens, watercress

- **Orange Vegetables**

acorn, butternut, and hubbard squash; carrots; pumpkin; sweet potatoes

- **Starchy Vegetables**

corn, green peas, lima beans (green), potatoes

- **Other Vegetables**

artichokes, asparagus, bean sprouts, beets, Brussels sprouts, cabbage, cauliflower, celery, cucumbers, eggplant, green beans, green or red peppers, iceberg lettuce, mushrooms, okra, onions, parsnips, tomatoes and tomato juice, vegetable juice, turnips, wax beans, zucchini

# Offer Fresh Fruit or Raw Vegetables

- Bronze/Silver Criteria

- 3 days per week

- Gold Criteria

- Every day



# Dark Green/Orange Vegetables and Orange Fruits

- Offer a dark green or orange vegetable or orange fruit at least 3 times per week (bronze, silver and gold).
- If fruit or vegetable juice is used to fulfill this category, it may only be counted 2 times per week.



# Dark Green and Orange Vegetables and Orange Fruits for Healthier US School Challenge

- **Examples of Dark Green and Orange Vegetables**

acorn squash, beet and mustard greens, bok choy, broccoli, butternut squash, carrots, collard greens, dark leaf lettuces or salad greens, hubbard squash, kale, pumpkin, romaine lettuce, spinach, sweet potatoes or yams, turnip greens, watercress

- **Examples of Orange Fruits**

apricots, cantaloupe, guava, mandarin oranges, mango, nectarines, oranges, papaya, peaches, tangerines

# Vitamin C

- Challenge: A food that provides 8 mg/serving



# What Are the Options?



- Food and Nutrient Guidance
  - Attachment A
    - Dark green/orange vegetables and orange fruits
  - Attachment B1
    - Good sources of vitamin C
  - Attachment B2
    - USDA recipes
  - Attachment B3
    - Commodity foods

# Notice...

**For each day, and each menu criteria, *a child must have the opportunity to select a meal that meets all the criteria.* For example, if there are two separate menus offered, and one is used to meet the vitamin C requirement, the same menu must also be used to meet the other requirements. Meeting the criteria with some foods from one meal and some foods from the other is not acceptable. Remember, a child must have the opportunity to select all the HealthierUS School Challenge foods from a reimbursable meal.**

# Activity

- Making it a reality...how hard is this challenge?
- Let's find out!



# Excellent Resource for Adding Fruits and Vegetables

- Fruits and Vegetables Galore!
- Ordering information
- [http://www.fns.usda.gov/tn/Resources/fv\\_galore.html](http://www.fns.usda.gov/tn/Resources/fv_galore.html)

