

Vegetables and Fruits



When menu planning, consider offering, selling, or serving nutritious foods from the "Serve Frequently" section most often and offering the "Serve Infrequently" foods less often. When offering foods from the "Serve Infrequently" foods, consider offering smaller serving sizes. Infrequently is defined as placed or occurring at wide intervals in space or time¹. This may look different between schools. For example, if offering a 4-week menu cycle, this could look like offering the food once or twice during the cycle. Schools are encouraged to plan meals and snacks to best meet the needs of their student population and determine when and where changes are possible.

Serve Frequently

- Fresh* vegetables and fruits
- Frozen vegetables and fruits
- Canned vegetables
- Canned fruits (packed in juice)
- Fruit sauces (100% fruit with no added sugar, e.g., unsweetened apple sauce)
- Dried fruits (100% fruit with no added sugar)[^]
- Cultural plant foods (e.g. seaweed, native berries and roots)**

Serve Infrequently and in smaller serving sizes

- Canned fruits in heavy syrup
- Battered and/or deep-fried vegetables
- French fries/fried potatoes
- Chips (regular, baked or extruded), including potato chips, corn chips, tortilla chips, veggie chips
- Fruit cups in gelatin/jelly
- Prepared pie filling
- Processed fruit snacks (e.g., fruit leathers, fruit bars and gummies, including those made with 100% fruit juice)
- Frozen fruit bars, popsicles or fruit-based freezies
- Products that are deep-fried, contain sugar substitutes or supplemental ingredients (e.g. caffeine, amino acids)

*Visit [buy BC's Guide to local, seasonal foods](#) to find out when produce is in season in B.C.

**For examples, see: https://www.fnha.ca/Documents/Traditional_Food_Fact_Sheets.pdf

[^] Dried fruit can stick to teeth and cause dental cavities. Therefore when choosing dried fruit, ensure it is served with other foods.