

Fresh Vegetables

1. Any variety of fresh whole, halved, quartered, sliced or cut vegetables without added sugars, fats or oils.
2. Bagged lettuce, lettuce, salads, and greens without flavoring, dressing, croutons, or any other ingredients are allowed.
3. Fresh garlic and ginger are allowed.
4. No buffet containers or party trays of vegetables.
5. No potatoes except yams and sweet potatoes.
6. No vegetable basket.
7. No individual salads or deli servings.
8. No creamed, sauced, or breaded vegetables.
9. No vegetable-grain (pasta or rice) mixtures.
10. No vegetables for purchase on salad bars.
11. No ornamental or decorative fruits and vegetables (e.g. chili peppers on a string, garlic on a string, gourds, painted pumpkins, and Indian corn)
12. No powdered, dried or pickled herbs or spices primarily used as flavoring.
13. No herbs or spices primarily used as flavoring ingredients.

Fresh Fruits

1. Any variety of fresh whole, halved, quartered, sliced or cut fruit without added sugars*.
2. Fruits packed in juice or with added fruit juice concentrate.
3. No fresh fruits with added sugars* or caramel.
4. No buffet container or party trays of fruits.
5. No fruit basket.
6. No dried fruit or fruit roll ups.
7. No fruits for purchase on salad bars.
8. No nuts (e.g. peanuts).
9. No fruit-nut mixtures.
10. No baked goods with fruits (e.g. blueberry muffins, fruit and pumpkin pie).
11. No ornamental or decorative fruits.
12. No individual deli servings.

* Added sugars include corn syrup, high-fructose corn syrup, maltose, dextrose, sucrose, honey, and maple syrup.