

HARVEST STAND OVERVIEW

Congratulations on starting the Harvest Stand at your school. The stand gives students better access to fresh fruits and vegetables that are locally grown. It also improves their overall intake of produce, which is healthy for their growing bodies. Thank you for making this possible at your school. Please follow the tips below for a successful Harvest Stand:

1. Please order items for the Harvest Stand using the menu plan in CMS.
2. Offer at least 3 different fruits and 3 different vegetable options daily. Order a variety to keep your stand new and fresh. Refer to the monthly *Harvest Stand Options...and Guidelines* posted on the Food Service website, under Training & Resources.
3. Please follow the Guidelines as they help ensure that the stand meets the meal pattern vegetable requirements and Café LA Harvest schedule.
4. **Vegetables:**
 - A. Fresh – Offer Daily, 2 to 3 per day
 - B. Dark Green – Offer 2 to 4x/week
 - C. Red/Orange – Offer 3x/week
 - D. Beans/Peas – Offer 2x/week
 - E. Juice/Slush – Offer no more than 2x/week
 - F. Any Vegetable from Dark Green, Red/Orange, Beans/Peas, Other, or Starch categories
Offer 3x/week
5. **Fruit:**
 - A. Fresh – Offer Daily, 2 to 3 per day
 - B. Café LA Harvest – Offer 1x/week on Thursdays
 - C. Juice/Slush – Offer no more than 2x/week
 - D. Cup/Pop – Offer no more than 3x/week
6. **No more than one juice/slush item**, vegetable or fruit, may be offered on the stand each day.
7. Order condiments and supplies listed at the bottom of the *Harvest Stand Guidelines...*
8. Try to include at least one bulk item that you bag on site using the tape machine, 3x/wk. You may bag more than one bulk item. Do this the day before service and whenever you have down time. Benefits include the following:
 - Uses less plastic and bags fit better on the stand compared to cold packs.
 - Better for the environment and lowers cost.
9. Produce left from other meals (breakfast, supper) can be offered on the stand.
10. To use up an item, serve it more than once during the week, but avoid serving the same item on consecutive days.
11. Remind students to take up to 2 items from the stand – preferably 1 fruit and 1 vegetable. All options will be on the stand for the week so students can choose different items on another day.
12. Remind students to “choose what you want, and eat what you choose.”