

HARVEST STAND GUIDELINES FOR SELECTING WHAT GOES ON THE STAND

- Please place produce order for your Harvest Stand by manually adding items to the shopping list.
- Offer 3 different fruits and 3 different vegetable options. Order a variety to keep your stand new and fresh. Refer to the monthly menu for suggestions.
- Please follow the guidelines below to make sure the stand meets the meal pattern vegetable requirements and Café LA Harvest schedule:
 1. Offer Romaine Salad TUESDAY THRU FRIDAY – meets the dark green vegetable requirement.
 2. Offer carrots or tomatoes at least twice a week – meets the red-orange vegetable requirement;
 3. To meet the legume vegetable requirement, the bean choice must be offered on the serving line according to the menu i.e. pinto beans, baked beans;
 4. Offer the Café LA Harvest items at least once a week.
- When there is a frozen fruit or vegetable item (slush, cup, pop) on the menu, you may use one of the slots on the stand to offer this item. Each of these count for a ½ cup portion.
 1. No more than one frozen item may be offered on the stand;
 2. The frozen item can only be offered on the stand if it is on the menu for that day.
- Include at least one bulk item that you bag on site using the tape machine. If you are able to, you may bag more than one bulk item. Do this the day before and whenever you have down time. This uses less plastic compared to cold packs and the bags fit better on the stand. Better for the environment and saves money.
- 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.
- Remind students to “choose what you want and eat what you choose.”