

**USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions**

(last updated, 05-11-07)

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**A053 – ASPARAGUS, FROZEN, SPEARS, 2.5 LB**



**Nutrition Information**

Asparagus, cooked, drained, without salt

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A whole asparagus spears.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/2.5 lb pkgs per case.</li> <li>One 2.5 lb pkg AP yields about 6<sup>2</sup>/<sub>3</sub> cups cooked asparagus spears and provides about 26.7 1/4-cup servings cooked vegetable.</li> <li>One lb AP yields about 2<sup>2</sup>/<sub>3</sub> cups cooked asparagus spears and provides about 10.7 1/4-cup servings cooked vegetable.</li> <li>CN Crediting: 1/4 cup cooked asparagus spears provides 1/4 cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen asparagus in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Stack packages tightly to prevent temperature fluctuation. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store opened thawed asparagus covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li><b>STOCK POT OR STEAM-JACKETED KETTLE:</b> Add frozen asparagus to boiling water. If desired, add 1 tsp seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 10 to 12 minutes. Drain.</li> </ul>

	1/4 cup (45 g)	1/2 cup (90 g)
Calories	8	16
Protein	1.33 g	2.65 g
Carbohydrate	0.86 g	1.73 g
Dietary Fiber	0.7 g	1.4 g
Sugars	0.14 g	0.29 g
Total Fat	0.19 g	0.38 g
Saturated Fat	0.05 g	0.09 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.25 mg	0.50 mg
Calcium	8 mg	16 mg
Sodium	1 mg	3 mg
Magnesium	4 mg	9 mg
Potassium	77 mg	155 mg
Vitamin A	363 IU	725 IU
Vitamin A	18 RAE	36 RAE
Vitamin C	11.0 mg	22.0 mg
Vitamin E	0.54 mg	1.08 mg

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<p><b>PREPARATION/ COOKING INSTRUCTIONS</b>  (con't)</p>	<ul style="list-style-type: none"> <li>• STEAMER: Place frozen asparagus in a single layer in a steamer pan. Steam uncovered at 5 lb pressure for 10 to 12 minutes. Drain. Sprinkle and stir 1 tsp seasoning over each 100 servings of vegetable, if desired. Do not boil.</li> <li>• Cook frozen asparagus only until tender and crisp; it will become overcooked when held too long on a hot steam table or in a holding cabinet. Schedule cooking of asparagus to serve soon after cooking. Frozen asparagus can be cooked without thawing.</li> <li>• Batch cook vegetables just before serving to improve quality.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve frozen asparagus heated as a side dish, or use in a variety of main dishes, appetizers, casseroles, soups, and salads.</li> <li>• Add flavor to asparagus by using herbs and spices. Season asparagus with red pepper flakes, thyme, basil, garlic powder, or lemon juice.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Cook frozen vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze asparagus.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A054 – ASPARAGUS, FROZEN, CUTS & TIPS, 30 LB**



**Nutrition Information**

Asparagus, cooked, drained, without salt

	¼ cup (45 g)	½ cup (90 g)
Calories	8	16
Protein	1.33 g	2.65 g
Carbohydrate	0.86 g	1.73 g
Dietary Fiber	0.7 g	1.4 g
Sugars	0.14 g	0.29 g
Total Fat	0.19 g	0.38 g
Saturated Fat	0.05 g	0.09 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.25 mg	0.50 mg
Calcium	8 mg	16 mg
Sodium	1 mg	3 mg
Magnesium	4 mg	9 mg
Potassium	77 mg	155 mg
Vitamin A	363 IU	725 IU
Vitamin A	18 RAE	36 RAE
Vitamin C	11.0 mg	22.0 mg
Vitamin E	0.54 mg	1.08 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A frozen asparagus; cuts and tips are approximately 1 inch in length.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/5 lb pkgs per case OR 12/2.5 lb pkgs per 30 lb case.</li> <li>One 5 lb pkg AP yields about 10⅞ cups cooked asparagus cuts and tips and provides about 40.5 ¼-cup servings cooked vegetable.</li> <li>One 2.5 lb pkg AP yields about 5 cups cooked asparagus cuts and tips and provides about 20.2 ¼-cup servings cooked vegetable.</li> <li>One lb AP yields about 2 cups cooked asparagus cuts and tips and provides about 8.10 ¼-cup servings cooked vegetable.</li> <li>CN Crediting: ¼ cup cooked asparagus cuts and tips provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen asparagus in the freezer at 0 °F or below, off the floor and away from walls to allow for circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store opened thawed asparagus covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

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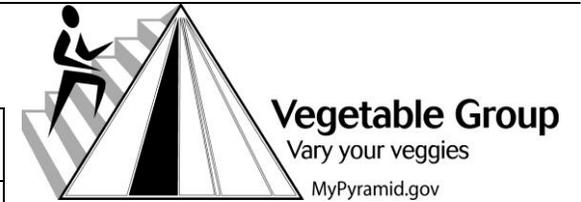
<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• <b>STOCK POT OR STEAM-JACKETED KETTLE:</b> Add frozen asparagus to boiling water. If desired, add 1 tsp seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 10 to 12 minutes. Drain.</li> <li>• <b>STEAMER:</b> Place frozen asparagus in a single layer in a steamer pan. Steam uncovered at 5 lb pressure for 10 to 12 minutes. Drain. Sprinkle and stir 1 tsp seasoning over each 100 servings of vegetable, if desired. Do not boil.</li> <li>• Cook frozen asparagus only until tender and crisp; it will become overcooked when held too long on a hot steam table or in a holding cabinet. Schedule cooking of asparagus to serve soon after cooking. Frozen asparagus can be cooked without thawing.</li> <li>• Batch cook vegetables just before serving to improve quality.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve frozen asparagus heated as a side dish, or use in a variety of main dishes, appetizers, casseroles, soups, and salads.</li> <li>• Add flavor to asparagus by using herbs and spices. Season asparagus with red pepper flakes, thyme, basil, garlic powder, or lemon juice.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze asparagus.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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(last updated, 07-13-09)

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**A061 – BEANS, GREEN, LOW-SODIUM, CANNED, #10**



**Nutrition Information**

Beans, green, canned, drained solids

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better canned green beans, whole, cut or sliced lengthwise (French style). This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 101 oz green beans and juice.</li> <li>Green Beans: One #10 can AP cut yields about 11<math>\frac{1}{3}</math> cups heated, drained cut green beans and provides about 45.3 <math>\frac{1}{4}</math>-cup servings heated, drained cut green beans OR about 60 oz (12 <math>\frac{7}{8}</math> cups) drained, unheated cut green beans and provides about 51.1 <math>\frac{1}{4}</math>-cup servings drained, unheated vegetable.</li> <li>Whole Green Beans: One #10 can AP yields about 9<math>\frac{7}{8}</math> cups heated, drained whole green beans and provides about 39.5 <math>\frac{1}{4}</math>-cup servings heated, drained, whole green beans OR about 58.0 oz (13 cups) drained, unheated whole green beans and provides about 52.2 <math>\frac{1}{4}</math>-cup servings drained, unheated vegetable.</li> <li>French-style Green Beans: One #10 can AP yields about 9<math>\frac{1}{8}</math> cups heated, drained French green beans and provides about 36.5 <math>\frac{1}{4}</math>-cup servings heated, drained, French green beans OR about 59 oz (12 cups) drained, unheated French green beans and provides about 48.0 <math>\frac{1}{4}</math>-cup servings drained, unheated vegetable.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup heated, drained green beans (cut, whole, or French) OR <math>\frac{1}{4}</math> cup drained, unheated green beans (cut, whole, or French) provides <math>\frac{1}{4}</math> cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned green beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned green beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> </ul>

	$\frac{1}{4}$ cup (34 g)	$\frac{1}{2}$ cup (68 g)
Calories	7	14
Protein	0.39 g	0.78 g
Carbohydrate	1.52 g	3.04 g
Dietary Fiber	0.6 g	1.3 g
Sugars	0.32 g	0.65 g
Total Fat	0.03 g	0.07 g
Saturated Fat	0.01 g	0.02 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.30 mg	0.61 mg
Calcium	9 mg	18 mg
Sodium	70 mg	140 mg
Magnesium	4 mg	9 mg
Potassium	37 mg	74 mg
Vitamin A	147 IU	294 IU
Vitamin A	7 RAE	15 RAE
Vitamin C	1.6 mg	3.2 mg
Vitamin E	0.09 mg	0.19 mg

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### A061 – BEANS, GREEN, LOW-SODIUM, CANNED, #10

<b>STORAGE</b> (cont'd)	<ul style="list-style-type: none"> <li>• Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• STOCK POT or STEAM-JACKETED KETTLE: Drain off half of the liquid from the can. Pour green beans and remaining liquid into a stock pot or steam jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.</li> <li>• STEAMER: Pour green beans and remaining liquid into steamer pans. A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.</li> <li>• Canned vegetables should be heated only to serving temperature and be served soon after heating. Canned green beans will become overcooked when held too long on a hot steamtable or in a holding cabinet.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Add flavor to canned green beans by using herbs and spices. Season green beans with caraway, dill, or sage.</li> <li>• Serve canned green beans heated or use in a variety of main dishes, soups and salads. Serve green beans in combination with other vegetables, such as whole kernel corn, red peppers, cauliflower, broccoli, or onions.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE foods from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A070 – BEANS, FROZEN, GREEN, 30 LB**



**Nutrition Information**

Beans, green, cooked, drained, without salt

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better green beans, whole or cut (French or sliced lengthwise) style. Beans shall be Grade A for extraneous vegetable material.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> </ul> <p><u>One 30 lb case AP</u></p> <ul style="list-style-type: none"> <li>Cut green beans yields about 87 cups cooked, drained, cut green beans and provides about 348.0 ¼-cup servings cooked, drained vegetable.</li> <li>Whole green beans yields about 80¼ cups cooked, drained, whole green beans and provides about 321.0 ¼-cup servings cooked, drained, vegetable.</li> <li>French style green beans yields about 90 cups cooked, drained, French style green beans and provides about 360.0 ¼-cup servings of cooked, drained vegetable.</li> </ul> <p><u>One lb AP</u></p> <ul style="list-style-type: none"> <li>Cut green beans yields about 2⅞ cups cooked, drained, cut green beans and provides about 11.6 ¼-cup servings of cooked, drained vegetable.</li> <li>Whole green beans yields 0.88 lb (about 2⅝ cups) cooked, drained, whole green beans and provides about 10.7 ¼-cup servings cooked, drained vegetable.</li> <li>French style green beans AP yields about 3 cups cooked, drained, French style green beans and provides about 12.0 ¼-cup servings of cooked, drained vegetable.</li> </ul> <p><u>CN Crediting:</u> ¼ cup cooked, drained green beans (cut, whole, or French style) provides ¼ cup vegetable.</p>

	¼ cup (34 g)	½ cup (68 g)
Calories	9	19
Protein	0.50 g	1.01 g
Carbohydrate	2.18 g	4.35 g
Dietary Fiber	1.0 g	2.0 g
Sugars	0.42 g	0.83 g
Total Fat	0.06 g	0.11 g
Saturated Fat	0.02 g	0.03 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.30 mg	0.59 mg
Calcium	17 mg	33 mg
Sodium	3 mg	6 mg
Magnesium	8 mg	16 mg
Potassium	43 mg	85 mg
Vitamin A	188 IU	376 IU
Vitamin A	9 RAE	19 RAE
Vitamin C	1.4 mg	2.8 mg
Vitamin E	0.12 mg	0.24 mg

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### A070 – BEANS, FROZEN, GREEN, 30 LB

<b>STORAGE</b>	<ul style="list-style-type: none"> <li>• Store unopened frozen green beans in the freezer at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten shelf life and speed deterioration.</li> <li>• Store opened thawed green beans covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>• Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• <b>STOCK POT OR STEAM-JACKETED KETTLE:</b> Add frozen green beans to boiling water. If desired, add 1 tsp seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 10 to 12 minutes. Drain.</li> <li>• <b>STEAMER:</b> Place frozen green beans in a single layer in a steamer pan. Steam uncovered at 5 lb pressure for 10 to 12 minutes. Drain. Sprinkle and stir 1 tsp seasoning over each 100 servings of vegetable, if desired. Do not boil.</li> <li>• Cook frozen green beans only until tender and crisp; they will become overcooked when held too long on a hot steam table or in a holding cabinet. Schedule cooking of frozen green beans to serve soon after cooking. Frozen green beans can be cooked without thawing.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve frozen green beans cooked or use in a variety of main dishes, soups, and salads. Green beans can be served in combination with other vegetables, such as whole kernel corn, red peppers, cauliflower, mushrooms, or onions.</li> <li>• Add flavor to green beans with herbs and spices such as caraway, dill, or sage.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze green beans.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a></li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A079 – BEANS, CANNED, PINTO, DRY, WHOLE, #10**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A canned dry pinto beans, cooked and packed in salt water.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz pinto beans and liquid.</li> <li>One #10 can AP yields about 66.1 oz (9 cups) heated, drained pinto beans and provides about 36.4 ¼-cup servings heated, drained pinto beans OR provides about 18.2 ½-cup servings heated, drained pinto beans.</li> <li>CN Crediting: ¼ cup heated, drained pinto beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained pinto beans provides ¼ cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned pinto beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned pinto beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>Heat without added salt and serve alone or use as directed in recipes.</li> </ul>

**Nutrition Information**

Beans, pinto, canned, mature seeds, solids and liquids

	¼ cup (60 g)	½ cup (120 g)
Calories	52	103
Protein	2.92 g	5.83 g
Carbohydrate	9.15 g	18.30 g
Dietary Fiber	2.8 g	5.5 g
Sugars	0.13 g	0.26 g
Total Fat	0.49 g	0.97 g
Saturated Fat	0.10 g	0.20 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.88 mg	1.75 mg
Calcium	26 mg	52 mg
Sodium	176 mg	353 mg
Magnesium	16 mg	32 mg
Potassium	146 mg	292 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.5 mg	1.1 mg
Vitamin E	0.35 mg	0.71 mg

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### A079 – BEANS, CANNED, PINTO, DRY, WHOLE, #10

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use canned beans in soups, salads and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A082 – BEANS, CANNED, BABY LIMA, DRY, #10**



**Nutrition Information**

Baby lima beans, canned, solids and liquids

	¼ cup (62 g)	½ cup (124 g)
Calories	44	88
Protein	2.52 g	5.05 g
Carbohydrate	8.26 g	16.53 g
Dietary Fiber	2.2 g	4.5 g
Sugars	N/A	N/A
Total Fat	0.18 g	0.36 g
Saturated Fat	0.04 g	0.08 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.00 mg	2.00 mg
Calcium	17 mg	35 mg
Sodium	156 mg	312 mg
Magnesium	21 mg	42 mg
Potassium	177 mg	353 mg
Vitamin A	93 IU	186 IU
Vitamin A	5 RAE	10 RAE
Vitamin C	4.5 mg	9.1 mg
Vitamin E	N/A	N/A

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A canned dry baby lima beans, cooked and packed in salt water.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz lima beans in liquid.</li> <li>One #10 can AP yields about 10<sup>2</sup>/<sub>3</sub> cups heated, drained lima beans and provides about 42.8 ¼-cup servings heated, drained lima beans OR 21.4 ½-cup servings heated, drained lima beans OR yields 71.5 oz (about 11<sup>7</sup>/<sub>8</sub> cups) drained, unheated lima beans and provides about 47.4 ¼-cup servings drained, unheated lima beans OR 23.7 ½-cup servings drained, unheated beans.</li> <li>CN Crediting: ¼ cup drained lima beans (heated or unheated) provides 1 oz-equivalent meat/meat alternate OR ¼ cup drained lima beans (heated or unheated) provides ¼ cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned lima beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

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(last updated, 05-14-07)

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### A082 – BEANS, CANNED, BABY LIMA, DRY, #10

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Heat without added salt and serve alone or use as directed in recipes.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Use lima beans in soups, salads, and entrees, or serve as a vegetable. Canned limas are ready for immediate use. Canned lima beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE foods from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A083 – BEANS, CANNED, PINK, DRY, #10**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A canned dry pink beans, cooked and packed in salt water.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz pink beans and liquid.</li> <li>One #10 can AP yields about 8<sup>1</sup>/<sub>8</sub> cups heated, drained pink beans and provides about 32.7 <sup>1</sup>/<sub>4</sub>-cup servings heated, drained pink beans OR about 16.3 <sup>1</sup>/<sub>2</sub>-cup servings heated, drained pink beans OR yields about 11<sup>3</sup>/<sub>4</sub> cups drained, unheated pink beans and provides about 47.0 <sup>1</sup>/<sub>4</sub>-cup servings drained, unheated pink beans OR about 23.5 <sup>1</sup>/<sub>2</sub>-cup servings drained, unheated beans.</li> <li>CN Crediting: <sup>1</sup>/<sub>4</sub> cup drained pink beans (heated or unheated) provides 1 oz-equivalent meat/meat alternate OR <sup>1</sup>/<sub>4</sub> cup drained pink beans (heated or unheated) provides <sup>1</sup>/<sub>4</sub> cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned pink beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned pink beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Beans, pink, mature seeds, cooked, boiled, with salt

	<sup>1</sup> / <sub>4</sub> cup (42 g)	<sup>1</sup> / <sub>2</sub> cup (85 g)
Calories	63	126
Protein	3.83 g	7.66 g
Carbohydrate	11.79 g	23.58 g
Dietary Fiber	2.2 g	4.5 g
Sugars	N/A	N/A
Total Fat	0.21 g	0.41 g
Saturated Fat	0.05 g	0.11 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.97 mg	1.94 mg
Calcium	22 mg	44 mg
Sodium	101 mg	201 mg
Magnesium	27 mg	55 mg
Potassium	215 mg	429 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A

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### A083 – BEANS, CANNED, PINK, DRY, #10

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Heat without added salt and serve alone or use as directed in recipes.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Use canned beans in soups, salads, and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A084 – BEANS, CANNED, BLACK-EYED PEA, DRY, #10**



**Nutrition Information**

Cowpeas, common (blackeyes, crowder, southern), canned, mature seeds, plain, solids and liquids

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A canned dry black-eyed peas, cooked and packed in salt water.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains not less than 106 oz black-eyed peas and liquid.</li> <li>One #10 can AP yields about 63.7 oz (9¼ cups) heated, drained black-eyed peas and provides about 37.0 ¼-cup servings heated, drained black-eyed peas OR about 18.8 ½-cup servings heated, drained peas.</li> <li>CN Crediting: ¼ cup heated, drained black eyed-peas provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained black-eyed peas provides ¼ cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned black-eyed peas in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned black-eyed peas covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	¼ cup (60 g)	½ cup (120 g)
Calories	46	92
Protein	2.84 g	5.69 g
Carbohydrate	8.18 g	16.36 g
Dietary Fiber	2.0 g	4.0 g
Sugars	N/A	N/A
Total Fat	0.33 g	0.66 g
Saturated Fat	0.09 g	0.17 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.58 mg	1.16 mg
Calcium	12 mg	24 mg
Sodium	179 mg	359 mg
Magnesium	17 mg	34 mg
Potassium	103 mg	206 mg
Vitamin A	8 IU	16 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	1.6 mg	3.2 mg
Vitamin E	N/A	N/A

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### A084 – BEANS, CANNED, BLACK-EYED PEA, DRY, #10

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Heat without added salt and serve alone or use as directed in recipes.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Black-eyed peas may be used in bean salads, soups, chili, and entrees or as a vegetable. Serve black-eyed peas with pork or chicken. Canned black-eyed peas may be substituted for cooked dry black-eyed peas in any recipe. Some or all of the salt in the recipe should be omitted when canned peas are used in place of cooked dry peas.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE foods from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A085 – BEANS, CANNED, REFRIED, DRY, #10**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade 2 canned dry pinto beans, no added fat, with salt content not to exceed 0.5%.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 110.5 oz refried beans.</li> <li>One #10 can AP yields about 11¾ cups heated refried beans and provides about 47.6 ¼-cup servings heated refried beans OR about 23.8 ½-cup servings heated refried beans.</li> <li>CN Crediting: ¼ cup heated refried beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup refried beans provides ¼ cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned refried beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned refried beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Beans, refried, canned

	¼ cup (63 g)	½ cup (126 g)
Calories	59	118
Protein	3.46 g	6.92 g
Carbohydrate	9.78 g	19.57 g
Dietary Fiber	3.3 g	6.7 g
Sugars	0.14 g	0.29 g
Total Fat	0.79 g	1.60 g
Saturated Fat	0.30 g	0.60 g
Trans Fat	N/A	N/A
Cholesterol	5 mg	10 mg
Iron	1.05 mg	2.09 mg
Calcium	22 mg	44 mg
Sodium	188 mg	377 mg
Magnesium	21 mg	42 mg
Potassium	168 mg	336 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	3.8 mg	7.6 mg
Vitamin E	0 mg	0 mg

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### A085 – BEANS, CANNED, REFRIED, DRY, #10

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Heat slowly at a low to medium temperature in a steam-jacketed kettle or a steamer to an internal temperature of 135 °F. Stir occasionally to distribute heated beans. Do not overheat because beans can burn and dry out quickly.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve refried beans hot. Serve as an accompaniment to a main dish, and may be topped with grated cheese or picante sauce. As part of the main dish, refried beans may be featured in various Mexican entrees, such as bean burrito, bean tostadas, chiles rellenos or nachos frijoles.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A086 – BEANS, CANNED, KIDNEY, DRY, #10**



**Nutrition Information**

Beans, kidney, red, canned, mature seeds, solids and liquids

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A canned dry red kidney beans, cooked and packed in salt water.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz kidney beans and liquid.</li> <li>One #10 can AP yields about 63.7 oz (9<sup>3</sup>/<sub>8</sub> cups) heated, drained kidney beans and provides about 38.1 ¼-cup servings heated, drained kidney beans OR about 19.0 ½-cup servings heated, drained kidney beans OR yields 69.6 oz (about 10½ cups) drained, unheated and provides about 42.5 ¼-cup servings drained, unheated kidney beans OR about 21.2 ½-cup servings drained unheated kidney beans.</li> <li>CN Crediting: ¼ cup drained kidney beans (heated or unheated) provides 1 oz-equivalent meat/meat alternate OR ¼ cup drained kidney beans (heated or unheated) provides ¼ cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned kidney beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned kidney beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	¼ cup (64 g)	½ cup (128 g)
Calories	54	109
Protein	3.36 g	6.72 g
Carbohydrate	9.98 g	19.96 g
Dietary Fiber	4.1 g	8.2 g
Sugars	0.14 g	0.28 g
Total Fat	0.22 g	0.44 g
Saturated Fat	0.03 g	0.06 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.81 mg	1.61 mg
Calcium	15 mg	31 mg
Sodium	218 mg	436 mg
Magnesium	18 mg	36 mg
Potassium	164 mg	329 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.7 mg	1.4 mg
Vitamin E	0.38 mg	0.77 mg

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<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Heat without added salt.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use canned beans in soups, salads and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
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**A087 – BEANS, CANNED, RED, SMALL, DRY, #10**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A canned dry red small beans, cooked and packed in salt water.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz red beans and liquid.</li> <li>One #10 can AP yields about 67.9 oz (about 7<sup>5</sup>/<sub>8</sub> cups) heated, drained red small beans and provides about 30.4 ¼-cup servings heated, drained red small beans OR about 15.2 ½-cup servings heated, drained red small beans.</li> <li>CN Crediting: ¼ cup heated, drained red small beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained red small beans provides ¼ cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned red small beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned red small beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Beans, red, small, canned, mature seeds, solids and liquids

	¼ cup (64 g)	½ cup (128 g)
Calories	54	109
Protein	3.36 g	6.72 g
Carbohydrate	9.98 g	19.96 g
Dietary Fiber	4.1 g	8.2 g
Sugars	0.14 g	0.28 g
Total Fat	0.22 g	0.44 g
Saturated Fat	0.03 g	0.06 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.81 mg	1.61 mg
Calcium	15 mg	31 mg
Sodium	218 mg	436 mg
Magnesium	18 mg	36 mg
Potassium	164 mg	329 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.7 mg	1.4 mg
Vitamin E	0.38 mg	0.77 mg

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### A087 – BEANS, CANNED, RED, SMALL, DRY, #10

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Heat without added salt and serve alone or use as directed in recipes.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use canned beans in soups, salads and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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(last updated, 05-14-07)

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**A088 – BEANS, CANNED, GREAT NORTHERN, DRY, #10**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A canned dry Great Northern beans, cooked and packed in salt water.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz beans in liquid.</li> <li>One #10 can AP yields 66.0 oz (about 7¾ cups) heated, drained Great Northern beans and provides about 31.2 ¼-cup servings heated, drained Great Northern beans OR about 15.6 ½-cup servings heated, drained Great Northern beans.</li> <li>CN Crediting: ¼ cup heated, drained Great Northern beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained Great Northern beans provides ¼ cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned Great Northern beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned Great Northern beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Beans, Great Northern, canned, mature seeds, solids and liquids

	¼ cup (66 g)	½ cup (131 g)
Calories	75	149
Protein	4.83 g	9.65 g
Carbohydrate	13.77 g	27.54 g
Dietary Fiber	3.2 g	6.4 g
Sugars	N/A	N/A
Total Fat	0.26 g	0.51 g
Saturated Fat	0.08 g	0.16 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.03 mg	2.06 mg
Calcium	35 mg	69 mg
Sodium	3 mg	5 mg
Magnesium	33 mg	67 mg
Potassium	230 mg	460 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.9 mg	1.7 mg
Vitamin E	0 mg	0 mg

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### A088 – BEANS, CANNED, GREAT NORTHERN, DRY, #10

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Heat without added salt and serve alone or use as directed in recipes.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use canned beans in soups, salads and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe without the addition of salt.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A089 – BEANS, CANNED, GARBANZO, DRY, #10**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A canned dry garbanzo beans (chickpeas), cooked and packed in salt water.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz garbanzo beans and liquid.</li> <li>One #10 can AP yields 69.0 oz (about 10<sup>2</sup>/<sub>3</sub> cups) drained, unheated beans and provides about 42.4 1/4-cup servings drained beans OR about 21.2 1/2-cup servings drained, unheated beans.</li> <li>CN Crediting: 1/4 cup drained garbanzo beans provides 1 oz-equivalent meat/meat alternate OR 1/4 cup drained garbanzo beans provides 1/4 cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned pink beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned garbanzo beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Chickpeas (garbanzo), mature seeds, solids and liquids

	1/4 cup (60 g)	1/2 cup (120 g)
Calories	71	143
Protein	2.97 g	5.94 g
Carbohydrate	13.57 g	27.14 g
Dietary Fiber	2.6 g	5.3 g
Sugars	N/A	N/A
Total Fat	0.68 g	1.37 g
Saturated Fat	0.07 g	0.14 g
Trans Fat	N/A	N/A
Cholesterol	0 mg	0 mg
Iron	0.81 mg	1.62 mg
Calcium	19 mg	38 mg
Sodium	179 mg	359 mg
Magnesium	17 mg	35 mg
Potassium	103 mg	206 mg
Vitamin A	14 IU	29 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	2.3 mg	4.6 mg
Vitamin E	N/A	N/A

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### A089 – BEANS, CANNED, GARBANZO, DRY, #10

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Serve "as is" from the can or add to soups or recipes.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve garbanzo beans as a salad topping. Garbanzo beans can also be incorporated into soups and casseroles.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE foods from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A091 – BEANS, CANNED, VEGETARIAN, DRY, BAKED IN SAUCE, #10**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A canned dry pea beans (navy) or small white beans in a meatless tomato sauce that is mildly seasoned.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz beans and sauce.</li> <li>One #10 can AP yields about 11½ cups heated vegetarian beans with sauce and provides about 46.2 ¼-cup servings heated vegetarian beans with sauce OR about 23.1 ½-cup servings heated vegetarian beans with sauce.</li> <li>CN Crediting: ¼ cup heated, drained vegetarian beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated vegetarian beans with sauce provides ¼ cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned vegetarian beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned vegetarian beans covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Beans, baked, vegetarian with sauce, canned

	¼ cup (64 g)	½ cup (127 g)
Calories	60	119
Protein	3.02 g	6.03 g
Carbohydrate	13.42 g	26.85 g
Dietary Fiber	2.6 g	5.2 g
Sugars	5.05 g	10.11 g
Total Fat	0.23 g	0.47 g
Saturated Fat	0.05 g	0.09 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.76 mg	1.51 mg
Calcium	22 mg	43 mg
Sodium	218 mg	436 mg
Magnesium	17 mg	34 mg
Potassium	138 mg	284 mg
Vitamin A	69 IU	137 IU
Vitamin A	3 RAE	6 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.10mg	0.19 mg

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### A091 – BEANS, CANNED, VEGETARIAN, DRY, BAKED IN SAUCE, #10

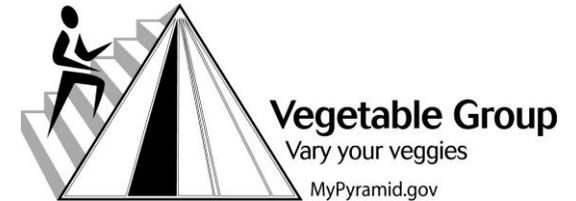
<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Heat slowly at a low to medium temperature in a steam-jacketed kettle or a steamer to an internal temperature of 135 °F. Stir occasionally to distribute heated beans. Do not overheat because beans can burn and dry out quickly.</li> <li>• Heat without added salt and serve alone or use as directed in recipes.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve vegetarian beans heated or use in casseroles or in baked beans.</li> <li>• Serve vegetarian beans with pork and chicken.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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(last updated, 12-15-09)

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**A094 – CARROTS, BABY-CUT, FRESH, PEELED, 100/2.0 OZ POUCH**



**Nutrition Information**

Carrots, baby-cut, raw, peeled

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Fresh baby-cut carrots are U.S. Standard for Grades of Topped Carrots.</li> <li>Each ready-to-eat pouch contains fresh, peeled baby-cut carrots that are washed and trimmed to about 2 inches long.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>100/2 oz pouches per case. Each case weighs 12.75 lbs.</li> <li>One 2-oz pouch AP provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store fresh baby-cut carrots in the refrigerator at 32 to 38 °F until ready to serve.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> <li>Use by the date shown on the package.</li> </ul>
<b>PREPARATION/COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Carrots may be consumed directly from the package without washing or other preparation.</li> </ul>

	2oz (57 g)
Calories	20
Protein	0.36 g
Carbohydrate	4.62 g
Dietary Fiber	1.64 g
Sugars	2.70 g
Total Fat	0.07 g
<i>Trans</i> Fat	0 g
Saturated Fat	0.01 g
Cholesterol	0 mg
Iron	0.51 mg
Calcium	18 mg
Sodium	44 mg
Magnesium	6 mg
Potassium	134 mg
Vitamin A	782 RE
Vitamin A	7818 IU
Vitamin A	391 RAE
Vitamin C	1.5 mg
Vitamin E	0 mg

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### A094 – CARROTS, BABY-CUT, FRESH, PEELED, 100/2.0 OZ POUCH

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Fresh baby-cut carrots are ready-to-eat and may be served at lunch or as a snack.</li> <li>• The carrots may be served with or without a dip.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Keep refrigerated until ready to serve.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, please visit the Food Dating section in the <i>Choice Plus Food Safety Supplement</i>, at: <a href="http://www.nfsmi.org/">http://www.nfsmi.org/</a>.</li> </ul>

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**A099 - CARROTS, FROZEN, SLICED, 30 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A frozen carrots, sliced or crinkle-cut.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>One 30 lb container AP yields about 74 cups cooked, drained sliced carrots and provides about 296.1 ¼ -cup servings cooked, drained vegetable.</li> <li>One lb AP yields 0.95 lb (about 2¾ cups) cooked, drained sliced carrots and provides about 9.87 ¼-cup servings cooked, drained vegetable.</li> <li>CN Crediting: ¼ cup cooked, drained, sliced carrots provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen carrots at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten life and speed deterioration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Carrots, cooked, without salt

	¼ cup (37 g)	½ cup (73 g)
Calories	14	27
Protein	0.21 g	0.42 g
Carbohydrate	2.82 g	5.64 g
Dietary Fiber	1.2 g	2.4 g
Sugars	1.49 g	2.98 g
Total Fat	0.25 g	0.50 g
Saturated Fat	0.04 g	0.09 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.19 mg	0.39 mg
Calcium	13 mg	26 mg
Sodium	22 mg	43 mg
Magnesium	4 mg	8 mg
Potassium	70 mg	140 mg
Vitamin A	6068 IU	12137 IU
Vitamin A	303 RAE	607 RAE
Vitamin C	0.8 mg	1.7 mg
Vitamin E	0.37 mg	0.74 mg

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### A099 - CARROTS, FROZEN, SLICED, 30 LB

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Frozen carrots can be cooked without thawing.</li> <li>• <b>STOCK POT or STEAM-JACKETED KETTLE:</b> Add frozen carrots to boiling water. If desired, add 1 tsp seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 10 to 20 min. Drain.</li> <li>• <b>STEAMER:</b> Place frozen carrots in a single layer in a steamer pan. Steam uncovered for 3 to 5 min. Drain. If desired, sprinkle 1 tsp of seasoning over each 100 servings of vegetable and stir to combine. Do not boil.</li> <li>• Cook frozen vegetables only until tender but crisp; they may continue to cook when held on a hot steamtable or in a holding cabinet.</li> <li>• Schedule cooking of carrots so they will be served soon after cooking. Carrots will become overcooked if held too long.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve cooked carrots alone or in a variety of main dishes, soups, or salads.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze carrots.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A100 - CARROTS, CANNED, NO ADDED SALT, #10**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A carrots with no salt added. Carrots are sliced or crinkle-cut and will be less than 1½ inches in diameter.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 105 oz carrots and liquid.</li> <li>One #10 can AP yields about 65.0 oz (9¼ cups) heated, drained carrots and provides about 37.2 ¼-cup servings heated, drained carrots OR about 70.0 oz (10¾ cups) unheated, drained carrots and provides about 43.4 ¼-cup servings unheated, drained carrots.</li> <li>CN Crediting: ¼ cup heated, drained carrots OR ¼ cup unheated, drained carrots provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned carrots in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned carrots covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Carrots, canned, sliced, no added salt, drained

	¼ cup (37 g)	½ cup (73 g)
Calories	9	18
Protein	0.23 g	0.47 g
Carbohydrate	2.02 g	4.04 g
Dietary Fiber	0.5 g	1.1 g
Sugars	0.91 g	1.81 g
Total Fat	0.07 g	0.14 g
Saturated Fat	0.01 g	0.03 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.23 mg	0.47 mg
Calcium	9 mg	18 mg
Sodium	15 mg	31 mg
Magnesium	3 mg	6 mg
Potassium	65 mg	131 mg
Vitamin A	4077 IU	8154 IU
Vitamin A	204 RAE	407 RAE
Vitamin C	1.0 mg	2.0 mg
Vitamin E	0.27 mg	0.54 mg

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-14-07)

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### A100 - CARROTS, CANNED, NO ADDED SALT, #10

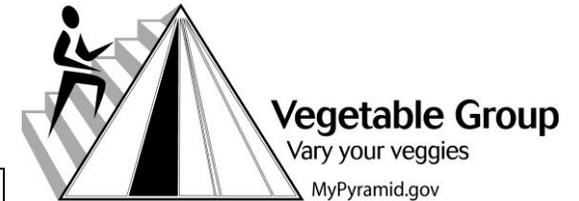
<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Heat carrots and serve alone or candied. Carrots will become overcooked if held too long. Schedule cooking of carrots so they will be served soon after cooking.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Glaze in margarine with chopped parsley (Carrots Vichy).</li> <li>• Dice or chop carrots and use in stews and soups for flavor. Combine cooked carrots with celery, mushrooms, beans, etc.</li> <li>• Cut up with asparagus or onions. Use in bread stuffing with meat, fish, or poultry to increase the fiber and vitamin content.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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(last updated, 07-13-09)

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**A110 - CORN, WHOLE KERNEL (LIQUID PACK), LOW-SODIUM, CANNED, #10**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better whole-kernel corn, with water. Sugar and salt may be added. This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz corn and liquid.</li> <li>One #10 can AP yields about 66.0 oz (9<sup>7</sup>/<sub>8</sub> cups) heated, drained corn and provides about 39.6 1/4-cup servings heated, drained corn OR about 73.3 oz (10<sup>2</sup>/<sub>3</sub> cups) unheated, drained corn and provides about 40.7 1/4-cup servings unheated, drained vegetable.</li> <li>CN Crediting: 1/4 cup heated, drained corn OR 1/4 cup unheated, drained corn provides 1/4 cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned corn in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of corn covered and labeled in a nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> </ul>

**Nutrition Information**

Corn, Whole-Kernel (Liquid pack)

	1/4 cup (41 g)	1/2 cup (82 g)
Calories	33	66
Protein	1.07 g	2.15 g
Carbohydrate	7.62 g	15.24 g
Dietary Fiber	0.8 g	1.6 g
Sugars	1.44 g	2.87 g
Total Fat	0.41 g	0.82 g
Saturated Fat	0.06 g	0.13 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.35 mg	0.71 mg
Calcium	2 mg	4 mg
Sodium	70 mg	140 mg
Magnesium	8 mg	16 mg
Potassium	80 mg	160 mg
Vitamin A	33 IU	66 IU
Vitamin A	2 RAE	3 RAE
Vitamin C	3.5 mg	7.0 mg
Vitamin E	0.02 mg	0.03 mg

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**A110 - CORN, WHOLE KERNEL (LIQUID PACK), LOW-SODIUM, CANNED, #10**

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b> (cont'd)</p>	<ul style="list-style-type: none"> <li>• STOCK POT OR STEAM JACKETED KETTLE: Drain off half the liquid from the canned corn. Pour corn and remaining liquid into a stock pot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.</li> <li>• STEAMER: Pour corn and remaining liquid into steamer pans. A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lbs pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.</li> <li>• Canned vegetables should be heated only to serving temperature and served soon after heating. Canned corn will become overcooked when held too long in a hot steamtable or holding cabinet.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve canned corn heated or use in soups, stews, chowders, stuffing, relishes, fritters, and main dishes.</li> <li>• Combine corn with lima beans to make succotash. Add flavor to canned corn with seasonings such as celery, onion or garlic powder, chili powder, chili sauce, paprika, nutmeg, marjoram, thyme, dried sage, instant onion, or black pepper. Add variety to corn by mixing with one or more vegetables such as lima beans, tomatoes, green peppers, or onions. Well-drained corn may be added to cornbread batter.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A129 - CORN, FROZEN, ON THE COB (COBBETTE), 30 LB/96 COUNT**



**Nutrition Information**

Corn on cob, yellow, cooked, without salt

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A or U.S. Fancy, frozen corn on the cob, golden or yellow, short (less than 3½") trimmed.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>96 ears per case.</li> <li>One lb AP yields 0.53 lb (about 1 cup) edible portion cooked corn and provides about 4.25 ¼-cup servings (1 cobbette) cooked corn.</li> <li>CN Crediting: 1 corn cobbette provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen corn at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten life and speed deterioration.</li> <li>Corn cobbettes can be successfully stored at 0 °F for up to 8 months.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	¼ cup (41 g)	½ cup (82 g)
Calories	38	76
Protein	1.28 g	2.55 g
Carbohydrate	9.16 g	18.31 g
Dietary Fiber	1.1 g	2.3 g
Sugars	1.47 g	2.94 g
Total Fat	0.30 g	0.61 g
Saturated Fat	0.05 g	0.09 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.25 mg	0.50 mg
Calcium	1 mg	2 mg
Sodium	2 mg	3 mg
Magnesium	12 mg	24 mg
Potassium	103 mg	206 mg
Vitamin A	95 IU	190 IU
Vitamin A	5 RAE	10 RAE
Vitamin C	2.0 mg	3.9 mg
Vitamin E	0.03 mg	0.07 mg

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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### A129 - CORN, FROZEN, ON THE COB (COBBETTE), 30 LB/96 COUNT

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Corn can be cooked without thawing.</li> <li>• Place frozen cobbettes in enough water to cover. Bring to a boil. Reduce heat and simmer, 15 to 20 minutes. <b>DO NOT OVERCOOK.</b> Drain and serve immediately. If holding on a steamtable for serving, immerse in hot water to prevent wrinkling and drying of kernels.</li> <li>• Cook frozen corn only until tender but crisp. Corn will continue to cook when held on a hot steamtable or in a holding cabinet. Corn will become overcooked if held too long; schedule cooking of frozen corn so it will be served soon after cooking.</li> <li>• Batch cook vegetables just before serving to improve quality.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve as a vegetable, steamed or boiled.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze corn.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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(last updated, 02-27-09)

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**A130 - CORN, FROZEN, WHOLE KERNEL, 30 LB**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better corn, golden (or yellow), whole-kernel.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>One 30 lb case AP yields about 82½ cups ready-to-serve, raw, tempered (unheated) corn and provides about 333.0 ¼-cup servings ready-to-serve, raw, tempered corn OR 330.0 ¼-cup servings cooked vegetable.</li> <li>One lb AP yields 0.99 lb (about 2¾ cups) ready-to-serve, raw, tempered (unheated) corn and provides about 11.1 ¼-cup servings ready-to-serve, raw, tempered corn OR about 11.0 ¼-cup servings cooked vegetable.</li> <li>CN Crediting: ¼ cup cooked corn OR ¼ cup tempered corn provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen corn at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten life and speed deterioration.</li> <li>Store opened thawed corn covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Corn, yellow, boiled, drained, without salt

	¼ cup (41 g)	½ cup (82 g)
Calories	33	66
Protein	1.05 g	2.09 g
Carbohydrate	7.91 g	15.83 g
Dietary Fiber	1.0 g	2.0 g
Sugars	1.26 g	2.52 g
Total Fat	0.27 g	0.55 g
Saturated Fat	0.04 g	0.08 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.19 mg	0.39 mg
Calcium	1 mg	2 mg
Sodium	0 mg	1 mg
Magnesium	11 mg	23 mg
Potassium	96 mg	191 mg
Vitamin A	82 IU	163 IU
Vitamin A	4 RAE	8 RAE
Vitamin C	1.4 mg	2.9 mg
Vitamin E	0.03 mg	0.06 mg

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(last updated, 02-27-09)

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### A130 - CORN, FROZEN, WHOLE KERNEL, 30 LB

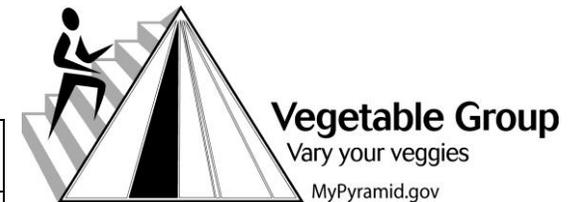
<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Corn can be cooked without thawing.</li> <li>• <b>STOCK POT OR STEAM-JACKETED KETTLE:</b> Add frozen corn to boiling water. Optional: add 1 tsp salt or other seasoning to each 100 servings of vegetables. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain.</li> <li>• <b>STEAMER:</b> Place frozen corn in a single layer in a steamer pan. Steam uncovered at 5 lb pressure for 9 to 10 minutes. Drain. Optional: sprinkle and stir 1 tsp salt or other seasoning over each 100 servings of vegetables. Do not boil.</li> <li>• Cook frozen corn only until tender but crisp. Corn will continue to cook when held on a hot steam table or in a holding cabinet. Corn will become overcooked if held too long; schedule cooking of frozen corn so it will be served soon after cooking.</li> <li>• Batch cook vegetables just before serving to improve quality.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve whole kernel corn cooked as a vegetable or use in a variety of mixed vegetable dishes, main entrees, soups, or salads. Thaw corn for use in marinated vegetables or pasta salads.</li> <li>• Combine corn with lima beans to make succotash. Corn adds color to any dish, such as meatloaf or mixed in casseroles with other green vegetables. Add corn to mixed vegetable and pasta salads. Season with onion, chopped pimento, or marinate with salad dressing.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135°F for 15 seconds.</li> <li>• Do not refreeze corn.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A140 – PEAS, GREEN, LOW-SODIUM, CANNED, #10**



**Nutrition Information**

Peas, drained solids

	¼ cup (43 g)	½ cup (85 g)
Calories	29	59
Protein	1.88 g	3.76 g
Carbohydrate	5.35 g	10.69 g
Dietary Fiber	1.7 g	3.5 g
Sugars	1.77 g	3.54 g
Total Fat	0.15 g	0.30 g
Saturated Fat	0.03 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.40 mg	0.81 mg
Calcium	8 mg	17 mg
Sodium	70 mg	140 mg
Magnesium	7 mg	14 mg
Potassium	74 mg	147 mg
Vitamin A	227 IU	453 IU
Vitamin A	11 RAE	23 RAE
Vitamin C	4.1 mg	8.2 mg
Vitamin E	0.01 mg	0.03 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better green peas of the sweet or early variety. This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz green peas and liquid.</li> <li>One #10 can AP yields about 68.0 oz (9 1/8 cups) heated, drained peas and provides about 36.7 1/4-cup servings heated, drained peas OR about 10 1/5 cups drained, unheated peas and provides about 42.0 1/4-cup servings drained, unheated peas.</li> <li>CN Crediting: 1/4 cup heated, drained green peas OR 1/4 cup drained, unheated green peas provides 1/4 cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned green peas in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of green peas covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li><b>STOCK POT OR STEAM JACKETED KETTLE:</b> Drain off half the liquid in the can. Pour green peas and remaining liquid into a stock pot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.</li> </ul>

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### A140 – PEAS, GREEN, LOW-SODIUM, CANNED, #10

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p> <p><b>(cont'd)</b></p>	<ul style="list-style-type: none"> <li>• STEAMER: Pour green peas and remaining liquid into steamer pans. A 12” x 20” x 2½” pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve. PLEASE NOTE: STEAMER IS NOT A STEAMTABLE.</li> <li>• Canned vegetables should be heated only to serving temperature and served soon after heating. Canned green peas will become overcooked when held too long on a hot steamtable or in a holding cabinet. Schedule heating of canned green peas to serve soon after heating.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve canned green peas in salads, or heated in soups and main dishes. Serve canned green peas with small new potatoes, pearl onions, and/or turnips.</li> <li>• Combine green peas with carrots, dill seed, or with onions and chopped pimento.</li> <li>• Add flavor to canned green peas by using herbs and spices such as basil, mint, marjoram, or oregano.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE foods from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A160 – PEAS, FROZEN, GREEN, 30 LB**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better frozen peas with no additives except salt used during processing.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>One 30 lb case AP yields 29.4 lb (about 71<math>\frac{7}{8}</math> cups) cooked, drained peas and provides about 287.7 <math>\frac{1}{4}</math>-cup servings cooked, drained vegetable.</li> <li>One lb AP yields 0.98 lb (about 2<math>\frac{3}{8}</math> cups) cooked, drained peas and provides about 9.59 <math>\frac{1}{4}</math>-cup servings cooked, drained vegetable.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup cooked, drained green peas provides <math>\frac{1}{4}</math> cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen green peas in the freezer at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store opened thawed green peas covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Peas, green, cooked, drained, without salt

	$\frac{1}{4}$ cup (40 g)	$\frac{1}{2}$ cup (80 g)
Calories	31	62
Protein	2.06 g	4.12 g
Carbohydrate	5.70 g	11.41 g
Dietary Fiber	2.2 g	4.4 g
Sugars	1.86 g	3.72 g
Total Fat	0.11 g	0.22 g
Saturated Fat	0.02 g	0.04 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.63 mg	1.26 mg
Calcium	10 mg	19 mg
Sodium	29 mg	58 mg
Magnesium	9 mg	18 mg
Potassium	44 mg	88 mg
Vitamin A	840 IU	1680 IU
Vitamin A	42 RAE	84 RAE
Vitamin C	4.08 mg	7.9 mg
Vitamin E	0.01 mg	0.02 mg

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### A160 – PEAS, FROZEN, GREEN, 30 LB

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Frozen peas can be cooked without thawing.</li> <li>• <b>STOCKPOT OR STEAM-JACKETED KETTLE:</b> Add frozen green peas to boiling water. If desired, add 1 tsp seasoning for each 100 servings of vegetable. After water boils again, reduce temperature. Cover and simmer for 5 to 10 minutes. Drain.</li> <li>• <b>STEAMER:</b> Place a single layer of frozen green peas in a steamer pan. Steam uncovered for 3 to 5 minutes. Drain. If desired, sprinkle 1 tsp of seasoning over each 100 servings of vegetable and stir to combine. Do not boil.</li> <li>• Cook frozen vegetables only until tender but crisp; they will become overcooked when held too long on a hot steam table or in a holding cabinet. Schedule cooking of frozen green peas to serve soon after cooking.</li> <li>• Batch cook vegetables just before serving to improve quality.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve frozen green peas cooked or use in soups, salads, and main dishes. Serve with small new potatoes, pearl onions, and/or turnips. Combine green peas with carrots, dill seed, or onions and chopped pimento.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze green peas.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A173 – POTATOES, FROZEN, IQF, FAT-FREE, WEDGES, 6/5 LB**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U. S. Grade A potato wedges prepared from mature, sound, russet potatoes, individually quick frozen (IQF). The fat-free potato wedges contains no oil and are water blanched by baking, microwaved, or roasted.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/5 lb bags per case.</li> <li>One 5 lb bag AP yields about 14<sup>7</sup>/<sub>8</sub> cups baked potato wedges and provides about 59.5 <sup>1</sup>/<sub>4</sub>-cup servings baked vegetable.</li> <li>One lb AP yields 0.71 lb (about 2<sup>7</sup>/<sub>8</sub> cups) baked potato wedges and provides about 11.9 <sup>1</sup>/<sub>4</sub>-cup servings baked vegetable.</li> <li>CN Crediting: <sup>1</sup>/<sub>4</sub> cup baked potato wedges provides <sup>1</sup>/<sub>4</sub> cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen potato wedges in the original shipping containers in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Rotate use to avoid development of ice crystals and off-flavors. Handle carefully to avoid excessive product breakage.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Keep potatoes frozen until ready to use. Spread the potatoes in a single layer on a sheet pan to permit sufficient air flow and speed cooking time. Crowding wedges in the pan may result in soggy potatoes. Cook potato wedges in a conventional oven at 450 °F for 8 to 10 minutes OR in a convection oven at 500 °F for 3 to 5 minutes. Heat to desired brownness. Serve immediately.</li> </ul>

**Nutrition Information**

Fat-free potato wedges, frozen

	<sup>1</sup> / <sub>4</sub> cup (38 g)	<sup>1</sup> / <sub>2</sub> cup (76 g)
Calories	34	68
Protein	1.14 g	2.28 g
Carbohydrate	7.98 g	15.96 g
Dietary Fiber	0.8 g	1.5 g
Sugars	0.38 g	0.76 g
Total Fat	0.0 g	0.0 g
Saturated Fat	0. g	0.0 g
<i>Trans</i> Fat	0.0 g	0.0 g
Cholesterol	0 mg	0 mg
Iron	0.40 mg	0.80 mg
Calcium	7 mg	14 mg
Sodium	4 mg	8 mg
Magnesium	11 mg	23 mg
Potassium	209 mg	418 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	4.9 mg	9.8 mg
Vitamin E	0.02 mg	0.03 mg

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### A173 – POTATOES, FROZEN, IQF, FAT-FREE, WEDGES, 6/5 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Potato wedges contain significantly less fat than French fried potatoes and are an excellent alternative to these products.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze potatoes.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

**A174 – POTATOES, FROZEN, IQF, WEDGES, 5 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U. S. Grade A potato wedges prepared from mature, sound, russet potatoes, individually quick frozen (IQF). Potatoes may be water/oil blanched or water blanched (prebaked).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/5 lb bags per case.</li> <li>One 5 lb bag AP yields about 14<sup>7</sup>/<sub>8</sub> cups baked potato wedges and provides about 59.5 ¼-cup servings baked vegetable.</li> <li>One lb AP yields 0.71 lb (about 2<sup>7</sup>/<sub>8</sub> cups) baked potato wedges and provides about 11.9 ¼-cup servings baked vegetable.</li> <li>CN Crediting: ¼ cup baked potato wedges provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen potato wedges in the original shipping containers in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Rotate use to avoid development of ice crystals and off-flavors. Handle carefully to avoid excessive product breakage.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Keep potatoes frozen until ready to use. Spread the potatoes in a single layer on a sheet pan to permit sufficient air flow and speed cooking time. Crowding wedges in the pan may result in soggy potatoes.</li> </ul>

**Nutrition Information**

Potato wedges, frozen

	¼ cup (38 g)	½ cup (76 g)
Calories	47	94
Protein	1.03 g	2.06 g
Carbohydrate	9.69 g	19.38 g
Dietary Fiber	0.8 g	1.6 g
Sugars	0.11 g	0.22 g
Total Fat	0.84 g	1.68 g
Saturated Fat	0.21 g	0.42 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.27 mg	0.54 mg
Calcium	6 mg	12 mg
Sodium	19 mg	38 mg
Magnesium	7 mg	14 mg
Potassium	150 mg	300 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	4.3 mg	8.6 mg
Vitamin E	N/A	N/A

**A174 – POTATOES, FROZEN, IQF, WEDGES, 5 LB**

<b>PREPARATION/ COOKING INSTRUCTIONS</b>  (cont'd)	<ul style="list-style-type: none"> <li>• Cooking times are based on a full oven load, potatoes spread one layer deep:             <ul style="list-style-type: none"> <li>– Conventional oven at 475 °F for about 25 to 30 minutes; OR,</li> <li>– Convection oven at 450 °F for about 15 minutes.</li> </ul> </li> <li>• Heat to desired golden brown and crisp. <b>SERVE IMMEDIATELY.</b></li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Potato wedges contain significantly less fat than French fried potatoes and are an excellent alternative to these products.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze potatoes.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li> </ul>

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**A200 – POTATOES, INSTANT, DEHYDRATED FLAKES, 5 LB**



**Nutrition Information**

Potatoes, flakes  
<sup>1</sup>dry form  
<sup>2</sup>prepared with margarine and non-fat dry milk, without salt

	1 cup <sup>1</sup> (60 g)	¼ cup <sup>2</sup> (70 g)
Calories	170	72
Protein	4.01 g	3.43 g
Carbohydrate	38.98 g	11.39 g
Dietary Fiber	3.3 g	0.65 g
Sugars	1.69 g	4.11 g
Total Fat	0.19 g	1.46 g
Saturated Fat	0.05 g	0.28 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	1.46 mg
Iron	0.58 mg	0.14 mg
Calcium	12 mg	95 mg
Sodium	51 mg	50 mg
Magnesium	31 mg	15 mg
Potassium	520 mg	233 mg
Vitamin A	5 IU	63 IU
Vitamin A	0 RAE	13 RAE
Vitamin C	40.1 mg	8.3 mg
Vitamin E	0.01 mg	0.15 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Flake-type dehydrated instant potatoes.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/5 lb pkgs OR 12/1 lb pkgs per case.</li> <li>One 5 lb pkg AP yields about 37½ cups dehydrated potato flakes and provides about 252.5 ¼-cup servings reconstituted, heated potatoes.</li> <li>One lb AP yields about 7½ cups dehydrated potato flakes and provides about 50.5 ¼-cup servings reconstituted, heated potatoes.</li> <li>CN Crediting: ¼ cup of reconstituted, heated potatoes provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened dehydrated potatoes off the floor in a cool, dry place. Never store goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened potatoes in an airtight container in refrigerator.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Potato flakes are a different type of product than potato granules and should be handled differently. The potato flakes should be mixed only long enough to moisten; over mixing will cause them to become pasty and gummy.</li> <li>For 50 ½-cup servings (100 ¼-cup servings): In a mixing bowl combine 1 gallon 2 cups boiling water and 1½ quarts of reconstituted warm nonfat dry milk. Add 2 lb 1 oz potato flakes, 6 oz margarine, and 1 Tbsp salt (optional). Mix 30 seconds to moisten potatoes. Stir an additional 30 seconds to fluff. (USE OF A MIXER IS NOT RECOMMENDED.)</li> </ul>

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### A200 – POTATOES, INSTANT, DEHYDRATED FLAKES, 5 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve plain as a mashed vegetable or in other foods, such as shepherd's pie.</li> <li>• Can also be used as a base for creamed chicken or turkey, or potato soup.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A203 – POTATOES, INSTANT, DEHYDRATED GRANULES, 48 OZ**



**Nutrition Information**

Potatoes, mashed, granules  
<sup>1</sup>dry form  
<sup>2</sup>prepared with margarine and non-fat dry milk, without salt

	1 cup <sup>1</sup> (200 g)	¼ cup <sup>2</sup> (50 g)
Calories	744	68
Protein	16.44 g	2.87 g
Carbohydrate	171.02 g	11.01 g
Dietary Fiber	14.2 g	0.66 g
Sugars	7.26	3.33 g
Total Fat	1.08 g	1.46 g
Saturated Fat	0.28 g	0.28 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	1.15 mg
Iron	2.18 mg	0.12 mg
Calcium	82 mg	77 mg
Sodium	134 mg	38 mg
Magnesium	196 mg	16 mg
Potassium	1406 mg	169 mg
Vitamin A	22 IU	63 IU
Vitamin A	2 RAE	13 RAE
Vitamin C	74.0 mg	3.9 mg
Vitamin E	0.54	0.15 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Granules-type dehydrated instant potatoes.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>10/48 oz pkgs per case.</li> <li>One 48 oz pkg AP yields about 6¾ cups dehydrated potato granules and provides about 151.5 ¼-cup servings reconstituted, heated potatoes.</li> <li>One lb AP yields about 2¼ cups dehydrated potato granules and provides about 50.5 ¼-cup servings reconstituted, heated potatoes.</li> <li>CN Crediting: ¼ cup reconstituted, heated potatoes provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened dehydrated potatoes off the floor in a cool, dry place. Never store goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened potatoes in an airtight container in refrigerator.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>For 50 ½-cup servings (100 ¼-cup servings): In a mixing bowl combine ¾ gallons 2 cups boiling water, one quart ¾ cup reconstituted warm nonfat dry milk. Add 2 lb 1 oz potato granules, 6 oz margarine, and 1 Tbsp salt (optional). Mix 30 seconds to moisten granules. Stir an additional minute to fluff. (USE OF A MIXER IS NOT RECOMMENDED.)</li> </ul>

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### A203 – POTATOES, INSTANT, DEHYDRATED GRANULES, 48 OZ

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve plain as a mashed vegetable or in other foods, such as shepherd's pie.</li> <li>• Can also be used as a base for creamed chicken or turkey, or potato soup.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

**A204 – POTATOES, FROZEN, ROUNDS, 5 LB****Nutrition Information**

Potato rounds

Potato rounds	
	4 pieces (38 g)
Calories	67
Protein	1 g
Carbohydrate	9 g
Dietary Fiber	1 g
Sugars	0 g
Total Fat	3 g
Saturated Fat	1 g
<i>Trans</i> Fat	0 g
Cholesterol	0 mg
Iron	0.16 mg
Calcium	0 mg
Sodium	107 mg
Magnesium	N/A
Potassium	N/A
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0.53 mg
Vitamin E	N/A

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Frozen potato rounds, <math>\frac{3}{4}</math> to 1 in. in diameter by 1 to <math>1\frac{1}{4}</math> in. in length (no artificial color, preservatives, or flavor enhancers allowed).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/5 lb bags.</li> <li>One 5 lb bag AP yields about <math>15\frac{1}{4}</math> cups baked potato rounds and provides about 61.0 <math>\frac{1}{4}</math>-cup servings (about 4 pieces) baked vegetable.</li> <li>One lb AP yields about <math>3\frac{1}{8}</math> cups baked potato rounds and provides about 12.7 <math>\frac{1}{4}</math>-cup servings (about four pieces) baked vegetable.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup baked potato rounds (about 4 pieces) provides <math>\frac{1}{4}</math> cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen potatoes in the original shipping containers in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration. Rotate use to avoid development of ice crystals and off-flavors. Handle carefully to avoid excessive product breakage.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Keep potatoes frozen until ready to use. Remove from freezer only the quantity for one day's use. Spread frozen potatoes in a single layer on a sheet pan to permit sufficient air flow and speed cooking time. Crowding potato rounds in the pan results in soggy potatoes.</li> </ul>

**A204 – POTATOES, FROZEN, ROUNDS, 5 LB**

<b>PREPARATION/ COOKING INSTRUCTIONS</b> (cont'd)	<ul style="list-style-type: none"> <li>• Cooking times are based on a full oven load, potatoes spread one layer deep: <ul style="list-style-type: none"> <li>– Conventional oven at 475 °F for about 24 minutes; OR,</li> <li>– Convection oven at 450 °F for about 15 minutes.</li> </ul> </li> <li>• Heat until golden brown and crisp. <b>SERVE IMMEDIATELY.</b></li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve potato rounds plain.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze potatoes.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li> </ul>

**A210 – POTATOES, FROZEN, OVEN FRY, 5 LB****Nutrition Information**

Potatoes, French fried, crinkle cut, salt added in processing, oven-heated

	3 oz (about 15 pieces) (85 g)	½ cup (52 g)
Calories	120	73
Protein	2 g	1 g
Carbohydrate	19 g	12 g
Dietary Fiber	2 g	1 g
Sugars	0 g	0 g
Total Fat	4 g	2 g
Saturated Fat	1 g	0.6 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.4 mg	0.2 mg
Calcium	0 mg	0 mg
Sodium	18 mg	11 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	6.3 mg	3.9 mg
Vitamin E	N/A	N/A

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A, low moisture, frozen French fried potatoes that have been crinkle cut. Potato strips will be from ¾ inch to ½ inch across.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/5 lb pkgs per case.</li> <li>One 5 lb pkg AP yields about 20¼ cups baked crinkle cut French fries and provides about 81.0 ¼-cup servings baked vegetable.</li> <li>One lb AP yields 0.92 lb (about 4 cups) baked crinkle cut French fries and provides about 16.2 ¼-cup servings baked vegetable.</li> <li>CN Crediting: ¼ cup baked crinkle cut French fries provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen potato wedges in the original shipping containers in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Rotate use to avoid development of ice crystals and off-flavors. Handle carefully to avoid excessive product breakage.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Keep potatoes frozen until ready to use. Spread the potatoes in a single layer on a sheet pan to permit sufficient air flow and speed cooking time. Crowding wedges in the pan may result in soggy potatoes.</li> </ul>

**A210 – POTATOES, FROZEN, OVEN FRY, 5 LB**

<b>PREPARATION/ COOKING INSTRUCTIONS (con't)</b>	<ul style="list-style-type: none"> <li>• Cooking times are based on a two pan oven load of 2 lb 8 oz per pan, potatoes spread one layer deep, using one of the following: <ul style="list-style-type: none"> <li>- Conventional oven at 450 °F for about 20 to 26 minutes; OR,</li> <li>- Convection oven at 425 °F for about 12 to 13 minutes.</li> </ul> </li> <li>• Heat to desired golden brown and crisp. <b>SERVE IMMEDIATELY.</b></li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve French fries plain.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze potatoes.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf">http://nfsmi-web01.nfsmi.olemiss.edu/documentlibraryfiles/PDF/20080206043207.pdf</a>.</li> </ul>

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**A214 – POTATOES, FRESH, RUSSET (BAKING TYPE), 50 LB**



**Nutrition Information**

Baked potato, flesh and skin

	1/2 potato (4 oz, 113 g)	1 potato (8 oz, 227 g)
Calories	111	221
Protein	3.00 g	6.00 g
Carbohydrate	24.44 g	48.88 g
Dietary Fiber	2.6 g	5.2 g
Sugars	1.23 g	2.46 g
Total Fat	0.15 g	0.30 g
Saturated Fat	0.03 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.22 mg	2.44 mg
Calcium	20 mg	41 mg
Sodium	9 mg	18 mg
Magnesium	34 mg	68 mg
Potassium	627 mg	1254 mg
Vitamin A	11 IU	23 IU
Vitamin A	1 RAE	2 RAE
Vitamin C	14.7 mg	29.4 mg
Vitamin E	0.04 mg	0.09 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade 1, whole, fresh, Russet potatoes.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>50 lb case.</li> <li>Size 100 (range in weight 6-10 oz) or 110 (range in weight 5-9 oz).</li> <li>Approximate count of potatoes depends upon the size of the potato. The 100-count box contains between 100 and 105 potatoes (about 8 oz each), and the 110-count box contains between 108 and 115 potatoes (about 7 oz each).</li> <li>One lb AP 100- or 110-count potatoes yields 0.81 lb ready-to-cook pared potatoes OR 0.82 lb (about 1<sup>2</sup>/<sub>3</sub> cups) baked potato with skin and provides about 6.8 1/4-cup servings baked potato with skin OR 0.99 lb (about 2<sup>3</sup>/<sub>8</sub> cups) cooked, diced potato with skin and provides about 9.7 1/4-cup servings cooked, diced potato with skin OR provides about 8.4 1/4-cup servings cooked, mashed potato without skin OR provides about 9.9 1/4-cup servings cooked, sliced potato without skin OR provides about 5.3 1/4-cup servings cooked, hash brown potatoes without skin.</li> <li>CN Crediting: One baked potato (100- or 110-count) provides 3/4 cup vegetable. One 1/4 cup serving cooked potato (with or without skin, diced, mashed, sliced, or hash browns) provides 1/4 cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store potatoes in a cool, dry, dark and well-ventilated place. The ideal temperature of 45 °F will keep potatoes for 60-80 days. Excessive temperatures (above 50 °F) encourage sprouting and shriveling. Temperatures below 40 °F cause potato starch to turn to sugar and the potato becomes sweet and the potato to darken when cooked. Avoid prolonged exposure to light as it will turn the outer skins green and cause a bitter flavor.</li> </ul>

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### A214 – POTATOES, FRESH, RUSSET (BAKING TYPE), 50 LB

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Soak and scrub potatoes to remove dirt but not hard enough to break the skin.</li> <li>• Do not remove the skin of the potato. Skins are rich sources of important nutrients. To prevent possible bursting in the oven, the skin should be pierced with a fork to allow steam to escape while cooking.</li> <li>• Unwrapped potatoes produce a crispy outer skin. If a softer skin is desired, wrap potatoes in foil before baking to retain moisture and heat.</li> <li>• TO BAKE: Place potatoes in a single layer on baking pans. Bake at 425 °F for 1 hour or until done. Baking time may vary with variety, maturity, quantity and size of vegetable.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve potatoes baked. Top the potato with cheese, chili, broccoli, taco filling, or a combination of ingredients.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Wash thoroughly before using.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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### A215 – POTATOES, FRESH, WHITE (BAKING TYPE), 50 LB



### Nutrition Information

Baked potato, flesh and skin

	1/2 potato (4 oz, 113 g)	1 potato (8 oz, 227 g)
Calories	107	214
Protein	2.40 g	4.79 g
Carbohydrate	24.03 g	48.06 g
Dietary Fiber	2.4 g	4.8 g
Sugars	1.75 g	3.49 g
Total Fat	0.17 g	0.34 g
Saturated Fat	0.03 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.73 mg	1.46 mg
Calcium	11 mg	23 mg
Sodium	8 mg	16 mg
Magnesium	31 mg	62 mg
Potassium	620 mg	1240 mg
Vitamin A	11 IU	23 IU
Vitamin A	1 RAE	2 RAE
Vitamin C	14.3 mg	28.7 mg
Vitamin E	0.04 mg	0.09 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade 1, whole, fresh white potatoes.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>50 lb bag, size A (minimum diameter of 2 in.).</li> <li>Approximate count of potatoes depends upon the size of the potato. The 100 count box contains between 100 and 105 potatoes (about 8 oz) and the 110-count box contains between 109 and 115 potatoes (about 7 oz).</li> <li>One lb AP 100- or 110-count potatoes yields 0.81 lb ready-to-cook pared potatoes OR 0.82 lb (about 1<math>\frac{2}{3}</math> cups) baked potato with skin and provides about 6.8 <math>\frac{1}{4}</math>-cup servings baked potato with skin OR 0.99 lb (about 2<math>\frac{3}{8}</math> cups) cooked, diced potato with skin and provides about 9.7 <math>\frac{1}{4}</math>-cup servings cooked, diced potato with skin OR provides about 8.4 <math>\frac{1}{4}</math>-cup servings cooked, mashed potato without skin OR provides about 9.9 <math>\frac{1}{4}</math>-cup servings cooked, sliced potato without skin OR provides about 5.3 <math>\frac{1}{4}</math>-cup servings cooked, hash brown potatoes without skin.</li> <li>CN Crediting: One cooked potato (100- or 110-count) provides <math>\frac{3}{4}</math> cup vegetable. One <math>\frac{1}{4}</math> cup serving cooked potato (with or without skin, diced, mashed, sliced, or hash browns) provides <math>\frac{1}{4}</math> cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store potatoes in a cool, dry, dark and well-ventilated place. The ideal temperature of 45 °F will keep potatoes for 60-80 days. Excessive temperatures (above 50 °F) encourage sprouting and shriveling. Temperatures below 40 °F cause potato starch to turn to sugar and the potato becomes sweet and the potato to darken when cooked. Avoid prolonged exposure to light as it will turn the outer skins green and cause a bitter flavor.</li> </ul>

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### A215 – POTATOES, FRESH, WHITE (BAKING TYPE), 50 LB

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Soak and scrub potatoes to remove dirt but not hard enough to break the skin.</li> <li>• Do not remove the skin of the potato. Skins are rich sources of important nutrients. To prevent possible bursting in the oven, the skin should be pierced with a fork to allow steam to escape while cooking.</li> <li>• Unwrapped potatoes produce a crispy outer skin. If a softer skin is desired, wrap potatoes in foil before baking to retain moisture and heat.</li> <li>• TO BAKE: Place potatoes in a single layer on baking pans. Bake at 425 °F for 1 hour or until done. Baking time may vary with variety, maturity, quantity and size of vegetable.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve potatoes baked. Top the potato with cheese, chili, broccoli, taco filling, or a combination of ingredients.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Wash thoroughly before using.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A216 – POTATOES, DEHYDRATED, WHITE, SLICED, 5 LB**



**Nutrition Information**

Potatoes, sliced, ready-to-eat

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Sliced, dehydrated potatoes are prepared from clean, sound, white to pale yellow-fleshed potato pieces or whole potatoes, dehydrated in accordance with acceptable commercial practices. Potatoes are available with or without peel.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>4/5 lb bags per case.</li> <li>One 5 lb bag AP yields about 48½ cups dehydrated potato slices and provides about 217.5 ¼-cup servings reconstituted, heated potato slices.</li> <li>One lb AP yields about 9½ cups dehydrated potato slices and provides about 43.5 ¼-cup servings reconstituted, heated potato slices.</li> <li>CN Crediting: ¼ cup reconstituted, heated potato slices provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened dehydrated potatoes off the floor in a cool, dry place. Never store goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened potatoes in an airtight container in refrigerator.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	¼ cup (37 g)	½ cup (74 g)
Calories	59	118
Protein	1.4 g	2.7 g
Carbohydrate	13 g	26 g
Dietary Fiber	1.2 g	2.5 g
Sugars	0 g	0 g
Total Fat	0.1 g	0.2 g
Saturated Fat	0 g	0.1 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.27 mg	0.54 mg
Calcium	5 mg	10 mg
Sodium	176 mg	352 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	5.1 mg	10.2 mg
Vitamin E	N/A	N/A

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### A216 – POTATOES, DEHYDRATED, WHITE, SLICED, 5 LB

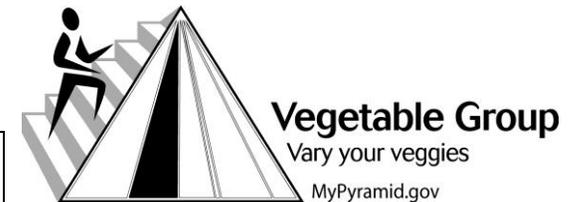
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>For 50 ½-cup servings (100 ¼-cup servings): In a stock pot bring 2 gallons water and ¼ cup salt (optional) to a boil. Add 2½ lb dehydrated potato slices to boiling water. Simmer until tender, 15 to 20 minutes. Drain well and use in any recipe calling for cooked, sliced potatoes.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Use dehydrated sliced potatoes to make au gratin potatoes, scalloped potatoes, or in other recipes calling for sliced potatoes. They are a ready convenience item when making potato salad.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A220 – SWEET POTATOES, CUT, LIGHT SYRUP, LOW-SODIUM, CANNED, #10**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A, sweet potatoes, either golden, yellow, or mixed, whole, canned, packed in light syrup, and is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 108 oz cut sweet potatoes and light syrup.</li> <li>One #10 can AP yields about 60.9 oz (8<sup>3</sup>/<sub>8</sub> cups) heated, drained, cut sweet potatoes and provides about 33.8 ¼-cup servings heated, drained vegetable.</li> <li>CN Crediting: ¼ cup heated, drained, cut sweet potatoes provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned sweet potatoes in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of sweet potatoes covered and dated labeled in a nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li><b>STOCK POT OR STEAM JACKETED KETTLE:</b> Drain off half the liquid in the can. Pour sweet potatoes and remaining liquid into a stock pot or steam-jacketed kettle.</li> </ul>

**Nutrition Information**

Sweet potatoes, cut, light syrup, drained

	¼ cup (49 g)	½ cup (98 g)
Calories	53	106
Protein	0.62 g	1.25 g
Carbohydrate	12.42 g	24.85 g
Dietary Fiber	1.4 g	2.9 g
Sugars	2.82 g	5.63 g
Total Fat	0.16 g	0.31 g
Saturated Fat	0.04 g	0.07 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.46 mg	0.93 mg
Calcium	8 mg	17 mg
Sodium	19 mg	38 mg
Magnesium	6 mg	12 mg
Potassium	94 mg	189 mg
Vitamin A	4493 IU	8986 IU
Vitamin A	224 RAE	449 RAE
Vitamin C	5.3 mg	10.6 mg
Vitamin E	0.56 mg	1.13 mg

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### A220 – SWEET POTATOES, CUT, LIGHT SYRUP, LOW-SODIUM, CANNED, #10

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b>  (cont'd)</p>	<ul style="list-style-type: none"> <li>● CONVENTIONAL OVEN: Bake at 350 °F for 1 hour and 30 minutes until internal temperature reaches at least 160 °F. Heat sweet potatoes in syrup or add one or more seasonings, such as cinnamon, grated lemon rind, or grated orange rind. Add raisins or drained canned fruit before heating for more flavor.</li> <li>● STEAMER: A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or long enough to bring to serving temperature. PLEASE NOTE: STEAMER IS NOT A STEAMTABLE. Do not allow to boil.</li> <li>● Canned vegetables should be heated only to serving temperature and served soon after heating. Canned green peas will become overcooked when held too long on a hot steamtable or in a holding cabinet. Schedule heating of canned sweet potatoes to serve soon after heating.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>● Heat sweet potatoes and serve alone or may be heated with spices, other vegetables or fruits. They may be used in soups or in baked goods such as sweet potato pie or sweet potato bread.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>● As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>● Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>● NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>● DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>● For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>● For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

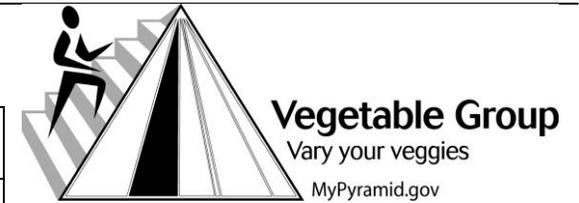
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**A222 – SWEET POTATOES, MASHED, LOW-SODIUM, CANNED, #10**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U. S. Grade A, sweet potatoes either golden, yellow, or mixed, mashed, canned. This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 109 oz (12¼ cups) mashed sweet potatoes.</li> <li>One #10 can AP yields about 12¼ cups heated, mashed sweet potatoes and provides about 49.1 ¼-cup servings heated vegetable.</li> <li>CN Crediting: ¼ cup heated, mashed sweet potatoes provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned mashed sweet potatoes in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of mashed sweet potatoes covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>CONVENTIONAL OVEN: Bake at 350 °F for 1 hour and 30 minutes until internal temperature reaches at least 160 °F. Add one or more seasonings, such as cinnamon, grated lemon rind, or grated orange rind. Add raisins or drained canned fruit before heating for more flavor.</li> </ul>



**Nutrition Information**

Sweet potatoes, mashed, no salt added

	¼ cup (64 g)	½ cup (128 g)
Calories	64	129
Protein	1.26 g	2.52 g
Carbohydrate	14.78 g	29.57 g
Dietary Fiber	1.1 g	2.2 g
Sugars	3.47 g	6.95 g
Total Fat	0.13 g	0.26 g
Saturated Fat	0.03 g	0.05 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.85 mg	1.70 mg
Calcium	19 mg	38 mg
Sodium	48 mg	96 mg
Magnesium	15 mg	31 mg
Potassium	134 mg	268 mg
Vitamin A	5546 IU	11091 IU
Vitamin A	277 RAE	555 RAE
Vitamin C	3.3 mg	6.6 mg
Vitamin E	0.69 mg	1.39 mg

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### A222 – SWEET POTATOES, MASHED, LOW-SODIUM, CANNED, #10

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b>  (cont'd)</p>	<ul style="list-style-type: none"> <li>• STEAMER: A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or long enough to bring to serving temperature. PLEASE NOTE: STEAMER IS NOT A STEAMTABLE.</li> <li>• Canned vegetables should be heated only to serving temperature and served soon after heating. Canned green peas will become overcooked when held too long on a hot steamtable or in a holding cabinet. Schedule heating of canned sweet potatoes to serve soon after heating.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Heat mashed sweet potatoes with added spices, other vegetables or fruits. They may be used in soups or in baked goods such as sweet potato pie or sweet potato bread.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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(last updated, 05-11-07)

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**A224 - SWEET POTATOES, FROZEN, RANDOM CUT CHUNKS, 5 LB**



**Nutrition Information**

Sweet potatoes, random cut chunks, baked, without salt

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A, frozen random cut (chunks, pieces, or slices) sweet potatoes, golden, yellow, or mixed.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/5 lb bags per case.</li> <li>One 5 lb bag AP yields about 11½ cups cooked sweet potato chunks and provides about 46.2 ¼-cup servings cooked vegetable.</li> <li>One lb AP yields 0.95 lb (about 2¼ cups) cooked sweet potato chunks and provides about 9.24 ¼-cup servings cooked vegetable.</li> <li>CN Crediting: ¼ cup cooked sweet potato chunks provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen sweet potatoes at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuation. Temperature changes shorten life and speed deterioration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	¼ cup (44 g)	½ cup (88 g)
Calories	44	88
Protein	0.75 g	1.5 g
Carbohydrate	10.30 g	20.59 g
Dietary Fiber	0.8 g	1.6 g
Sugars	4.04 g	8.07 g
Total Fat	0.06 g	0.11 g
Saturated Fat	0.01 g	0.02 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.24 mg	0.48 mg
Calcium	15 mg	31 mg
Sodium	4 mg	7 mg
Magnesium	9 mg	18 mg
Potassium	166 mg	332 mg
Vitamin A	9183 IU	18366 IU
Vitamin A	459 RAE	918 RAE
Vitamin C	4.0 mg	8.0 mg
Vitamin E	0.34 mg	0.68 mg

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### A224 - SWEET POTATOES, FROZEN, RANDOM CUT CHUNKS, 5 LB

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Frozen sweet potatoes may be prepared from a frozen or thawed state. To thaw, place bag in refrigerator 24-48 hours before use.</li> <li>• CONVENTIONAL OVEN: Bake at 350 °F for 1 hour and 30 minutes until internal temperature reaches at least 135 °F. Add one or more seasonings, such as cinnamon, grated lemon rind, or grated orange rind. Add raisins or drained canned fruit before heating for more flavor.</li> <li>• STEAMER: Heat in steamer at 5 lb pressure for 3 minutes or long enough to bring to serving temperature. Do not boil.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use in soups or in baked goods such as sweet potato pie or sweet potato bread.</li> <li>• When using frozen sweet potato cuts in place of canned sweet potatoes in light syrup in recipes, it may be necessary to adjust the level of sweetener used.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze sweet potatoes.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A225 – SWEET POTATOES, FROZEN, MASHED, 5 LB**



**Nutrition Information**

Sweet potatoes, mashed

	¼ cup (64 g)	½ cup (128 g)
Calories	64	128
Protein	1.09 g	2.19 g
Carbohydrate	14.98 g	29.95 g
Dietary Fiber	1.2 g	2.3 g
Sugars	5.87 g	11.74 g
Total Fat	0.08 g	0.16 g
Saturated Fat	0.02 g	0.03 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.35 mg	0.69 mg
Calcium	22 mg	45 mg
Sodium	5 mg	10 mg
Magnesium	13 mg	27 mg
Potassium	241 mg	483 mg
Vitamin A	13357 IU	26714 IU
Vitamin A	668 RAE	1335 RAE
Vitamin C	5.8 mg	11.6 mg
Vitamin E	0.49 mg	0.99 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A, mashed sweet potatoes, golden, yellow, or mixed.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/5 lb bags per case.</li> <li>One 5 lb bag AP yields about 9<sup>3</sup>/<sub>8</sub> cups cooked, mashed sweet potatoes and provides about 37.7 ¼-cup servings cooked vegetable.</li> <li>One lb AP yields 0.99 lb (about 1<sup>3</sup>/<sub>4</sub> cups) cooked, mashed sweet potatoes and provides about 7.55 ¼-cup servings cooked vegetable.</li> <li>CN Crediting: ¼ cup cooked, mashed sweet potatoes provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen sweet potatoes at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuation. Temperature changes shorten shelf life and speed deterioration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Frozen sweet potatoes may be prepared from a frozen or thawed state. To thaw, place bag in refrigerator 24-48 hours before use.</li> <li><b>CONVENTIONAL OVEN:</b> Bake at 350 °F for 1 hour and 30 minutes until internal temperature reaches at least 135 °F. Add one or more seasonings, such as cinnamon, grated lemon rind, or grated orange rind. Add raisins or drained canned fruit before heating for more flavor.</li> <li><b>STEAMER:</b> Heat in steamer at 5 lb pressure for 3 minutes or long enough to bring to serving temperature. Do not boil.</li> </ul>

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### A225 – SWEET POTATOES, FROZEN, MASHED, 5 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Heat mashed sweet potatoes with added spices, other vegetables or fruits.</li> <li>• Use in soups or in baked goods such as sweet potato pie or sweet potato bread.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze sweet potatoes.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A230 – SWEET POTATOES, FRESH, WHOLE, CASE**



**Nutrition Information**

Sweet potato, baked in skin, without salt

	¼ cup (50 g)	½ cup (100 g)
Calories	45	90
Protein	1.00 g	2.01 g
Carbohydrate	10.36 g	20.71 g
Dietary Fiber	1.6 g	3.3 g
Sugars	4.22 g	8.44 g
Total Fat	0.07 g	0.15 g
Saturated Fat	0.03 g	0.05 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.34 mg	0.69 mg
Calcium	19 mg	38 mg
Sodium	18 mg	36 mg
Magnesium	14 mg	27 mg
Potassium	238 mg	475 mg
Vitamin A	9609 IU	19218 IU
Vitamin A	480 RAE	916 RAE
Vitamin C	9.8 mg	19.6 mg
Vitamin E	0.35 mg	0.71 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade 1 whole fresh sweet potatoes.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>Approximately 40 lbs per case.</li> <li>One lb AP yields 0.80 lb ready-to-cook sweet potato without skin OR 0.61 lb (about 1⅔ cups) baked sweet potato without skin and provides about 6.60 ¼-cup servings baked sweet potato without skin OR about 1⅜ cups cooked, mashed sweet potato and provides about 5.50 ⅓-cup servings cooked, mashed sweet potato OR about 2¼ cups cooked, sliced sweet potato and provides about 9.10 ¼-cup servings cooked, sliced sweet potato.</li> <li>CN Crediting: ¼ cup cooked sweet potato (with skin, without skin, mashed, or sliced) provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Do not store sweet potatoes in the refrigerator. Sweet potatoes should be stored in a cool (55 °F to 60 °F) dry place, never in the refrigerator.</li> <li>Sweet potatoes can be kept a month or longer at 55 °F. If stored at room temperature, they should be used within a week.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

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### A230 – SWEET POTATOES, FRESH, WHOLE, CASE

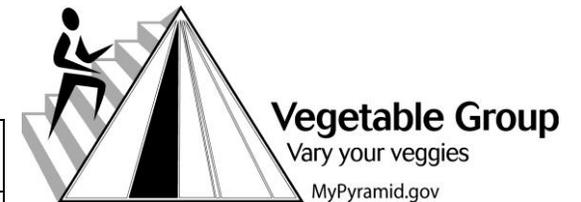
<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Scrub sweet potatoes thoroughly before using to remove any dirt.</li> <li>• TO BAKE: Select firm, uniform size potatoes. Wash gently but thoroughly and trim if necessary. Brush with oil or wrap in foil. Prick the skin and bake at 400 °F for 40-50 min, or until soft.</li> <li>• TO STEAM: Slice ¼ in. thick. Steam over boiling water for 6-10 min, until tender-crisp.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Sweet potatoes may be baked, boiled, steamed, or cooked in the microwave.</li> <li>• Use in soups or in baked goods such as sweet potato pie or sweet potato bread.</li> <li>• Cinnamon, brown sugar, grated lemon or orange rind, raisins, drained canned pineapple, or nuts may be added for flavor.</li> <li>• Substitute mashed sweet potatoes in recipes calling for pumpkin puree.</li> <li>• Sweet potatoes (whole, cuts, or mashed) may be cooked plain or with spices, other vegetables or fruits.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Wash sweet potato thoroughly before cooking.</li> <li>• Cook fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A237 - SALSA, LOW-SODIUM, CANNED, #10**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Tomato salsa is made of peeled tomatoes, tomato puree, fresh or dried onions, fresh green chile peppers and fresh jalapenos properly ripened and wholesome. Spices and condiments added include salt, vinegar, and any mixture of green peppers, cilantro, cumin, coriander, xanthan gum, flavorings, or modified starch. This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case.</li> <li>One #10 can AP yields about 106 oz (12<math>\frac{1}{3}</math> cups) salsa and provides about 49.3 <math>\frac{1}{4}</math>-cup servings vegetable.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup salsa provides <math>\frac{1}{4}</math> cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned salsa in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of salsa covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Salsa, canned

	$\frac{1}{4}$ cup (62 g)	$\frac{1}{2}$ cup (125 g)
Calories	22	45
Protein	0.94 g	1.87 g
Carbohydrate	4.37 g	8.73 g
Dietary Fiber	0.9 g	1.7 g
Sugars	4.37 g	8.73 g
Total Fat	0.12 g	0.25 g
Saturated Fat	0.02 g	0.04 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.40 mg	2.79 mg
Calcium	7 mg	15 mg
Sodium	70 mg	140 mg
Magnesium	10 mg	20 mg
Potassium	168 mg	337 mg
Vitamin A	343 IU	686 IU
Vitamin A	17 RAE	35 RAE
Vitamin C	2.5 mg	5.0 mg
Vitamin E	N/A	N/A

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### A237 - SALSA, LOW-SODIUM, CANNED, #10

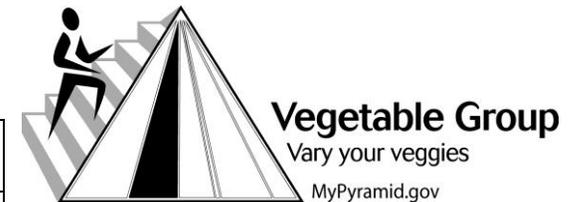
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Salsa can be used right from the can, chilled or at room temperature.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve “as is” or chilled on top of burritos, tacos, tortilla pieces, and fajitas.</li> <li>• Heat and serve as a complement to chicken, fish, turkey, hamburgers, etc.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A239 – TOMATO SAUCE, LOW-SODIUM, CANNED, #10**



**Nutrition Information**

Tomato sauce

	¼ cup (61 g)	½ cup (122 g)
Calories	20	40
Protein	0 g	0 g
Carbohydrate	5.0 g	10.0 g
Dietary Fiber	1.0 g	2.0 g
Sugars	3.0 g	6.0 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.72 mg	1.44 mg
Calcium	0 mg	0 mg
Sodium	70 mg	140 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	500 IU	1000 IU
Vitamin A	N/A	N/A
Vitamin C	2.4 mg	4.8 mg
Vitamin E	N/A	N/A

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A tomato sauce; may be lightly seasoned with salt and spices, and may contain nutritive sweetening ingredients, vinegar, onion, garlic, or other vegetable flavoring ingredients. This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case.</li> <li>One #10 can AP yields about 106 oz (12<sup>2</sup>/<sub>3</sub> cups) tomato sauce and provides about 50.7 ¼-cup servings vegetable.</li> <li>CN Crediting: ¼ cup tomato sauce provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned tomato sauce in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned tomato sauce covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Tomato sauce is ready to use. Preparation depends on final use and may be part of recipe instructions.</li> </ul>

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### A239 – TOMATO SAUCE, LOW-SODIUM, CANNED, #10

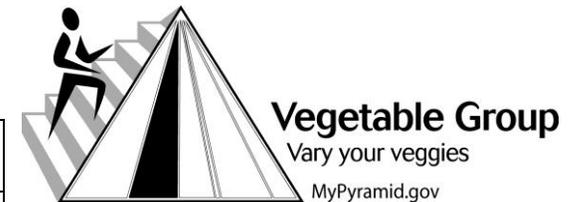
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use tomato sauce as an ingredient in sauces, stews, casseroles, pizza, and soups. May also be used as a topping for cooked pasta, or as an ingredient in other Italian style dishes. Serve warm as a dipping sauce for breadsticks.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple.</li> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A241 – TOMATOES, DICED, LOW-SODIUM, CANNED, #10**



**Nutrition Information**

Tomatoes, diced

	¼ cup (60 g)	½ cup (121 g)
Calories	12	25
Protein	0.5 g	1.0 g
Carbohydrate	2.5 g	5.0 g
Dietary Fiber	0.5 g	1.0 g
Sugars	1.5 g	3.0 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.36 mg	0.72 mg
Calcium	20 mg	40 mg
Sodium	70 mg	140 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	375 IU	750 IU
Vitamin A	N/A	N/A
Vitamin C	6 mg	12 mg
Vitamin E	N/A	N/A

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better canned diced tomatoes. This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 102 oz (12¾ cups) diced tomatoes and juice.</li> <li>One #10 can AP yields about 12¼ cups heated, diced tomatoes and juice and provides about 49.2 ¼-cup servings heated vegetable.</li> <li>CN Crediting: ¼ cup diced tomatoes and juice provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned tomatoes in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of tomatoes covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li><b>STOCK POT OR STEAM-JACKETED KETTLE:</b> Drain off half the liquid in the can. Pour tomatoes and remaining liquid into stock pot or steam-jacketed kettle. Heat long enough to bring to serving temperature. Do not allow to boil.</li> </ul>

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 07-13-09)

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### A241 – TOMATOES, DICED, LOW-SODIUM, CANNED, #10

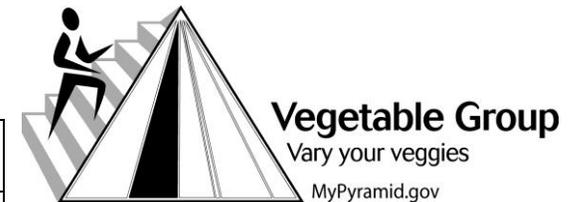
<p><b>PREPARATION/ COOKING INSTRUCTIONS (cont'd)</b></p>	<ul style="list-style-type: none"> <li>• STEAMER: Pour tomatoes into steamer pans. A 12" x 20" x 2½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lb pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.</li> <li>• Canned vegetables should be heated only to serving temperature and served soon after heating. Canned green peas will become overcooked when held too long on a hot steamtable or in a holding cabinet. Schedule heating of canned sweet potatoes to serve soon after heating.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Canned tomatoes are ready for immediate use in a variety of dishes, such as soups, stews, vegetables, rice, or main dishes. Combine tomatoes and green beans; flavor with chopped green pepper, garlic, and chili powder.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple.</li> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A243 - SPAGHETTI SAUCE, MEATLESS, LOW-SODIUM, CANNED, #10**



**Nutrition Information**

Spaghetti sauce, meatless

	¼ cup (62 g)	½ cup (125 g)
Calories	30	60
Protein	0.75 g	1.5 g
Carbohydrate	5.44 g	10.88 g
Dietary Fiber	N/A	N/A
Sugars	2.94 g	5.88 g
Total Fat	0.56 g	1.12 g
Saturated Fat	0.10 g	0.20 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.56 mg	1.12 mg
Calcium	12 mg	25 mg
Sodium	70 mg	140 mg
Magnesium	8 mg	16 mg
Potassium	182 mg	365 mg
Vitamin A	208 IU	419 IU
Vitamin A	10 RAE	21 RAE
Vitamin C	2.4 mg	4.9 mg
Vitamin E	N/A	N/A

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Meatless spaghetti sauce is a ready-to-use, tomato based sauce. In addition to tomato products, it may also contain: water, sugar, olive oil, soybean and/or cottonseed oil, onion powder, garlic powder, citric acid, natural flavoring, starches, and other ingredients. It has a bright typical tomato color and is smooth in texture. This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz (12 cups) meatless spaghetti sauce.</li> <li>One #10 can yields about 106 oz (12 cups) heated meatless spaghetti sauce and provides about 47.9 ¼-cup servings heated vegetable.</li> <li>CN Crediting: ¼ cup meatless spaghetti sauce provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned meatless spaghetti sauce in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of meatless spaghetti sauce covered and labeled in a nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> </ul>

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### A243 - SPAGHETTI SAUCE, MEATLESS, LOW-SODIUM, CANNED, #10

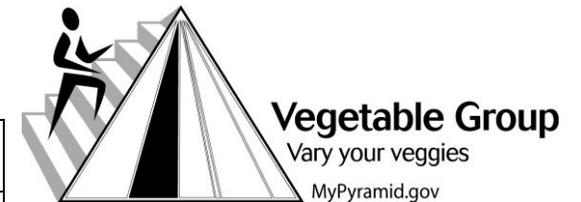
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use heated meatless spaghetti sauce as a topping for cooked pasta or as an ingredient in other Italian style dishes.</li> <li>• Serve warm as a dipping sauce for breadsticks.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A247 - TOMATOES, WHOLE, LOW-SODIUM, CANNED, #10**



**Nutrition Information**

Tomatoes, packed in tomato juice

	¼ cup (60 g)	½ cup (120 g)
Calories	10	20
Protein	0.47 g	0.94 g
Carbohydrate	2.40 g	4.80 g
Dietary Fiber	0.6 g	1.2 g
Sugars	1.43 g	2.86 g
Total Fat	0.08 g	0.16 g
Saturated Fat	0.01 g	0.02 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.58 mg	1.16 mg
Calcium	19 mg	37 mg
Sodium	70 mg	140 mg
Magnesium	7 mg	13 mg
Potassium	113 mg	226 mg
Vitamin A	70 IU	140 IU
Vitamin A	4 RAE	7 RAE
Vitamin C	5.6 mg	11.2 mg
Vitamin E	0.41 mg	0.82 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better whole tomatoes, no salt added. This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 102 oz (12¼ cups) whole tomatoes and juice OR about 66 oz drained whole tomatoes.</li> <li>One #10 can AP yields about 11¾ cups heated, whole tomatoes and juice and provides about 45.5 ¼-cup servings heated whole tomatoes and juice OR about 48.8 ¼-cup servings unheated vegetable and juice.</li> <li>CN Crediting: ¼ cup tomatoes and juice (heated or unheated) OR ¼ cup drained tomato provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned tomatoes in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of tomatoes covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> </ul>

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### A247 - TOMATOES, WHOLE, LOW-SODIUM, CANNED, #10

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Tomatoes can be used right from the can, chilled or at room temperature.</li> <li>• <b>STOCKPOT OR STEAM-JACKETED KETTLE:</b> Drain half the liquid in the can. Heat tomatoes and remaining liquid long enough to bring to serving temperature. Do not allow to boil.</li> <li>• <b>STEAMER:</b> Pour tomatoes into steamer pans. A 12" x 20" x 2 ½" pan will hold the contents of two #10 cans. Heat in steamer at 5 lbs pressure for 3 minutes or just long enough to bring to serving temperature. Drain and serve.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Canned tomatoes are ready for immediate use in a variety of dishes, such as soups, stews, vegetables, rice, or main dishes. Combine tomatoes and green beans; flavor with chopped green pepper, garlic and chili powder.</li> <li>• Add flavor to canned tomatoes by using herbs and spices such as celery seed, cloves, oregano, sage, parsley, or basil. Add seasoned croutons to stewed tomatoes.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• <b>NEVER USE</b> food from cans that are leaking, bulging, or are badly dented.</li> <li>• <b>DON'T TASTE</b> canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

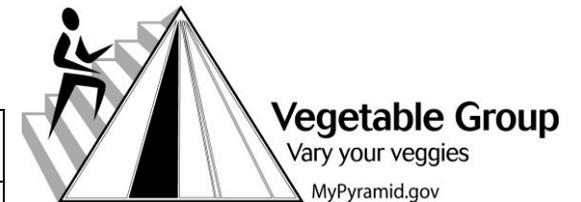
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**A252 – TOMATO PASTE, LOW-SODIUM, CANNED, #10**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A tomato paste, without salt; extra heavy, heavy, medium, or light concentration; fine or coarse texture. This is a low-sodium food (140 milligrams of sodium or less per serving).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case.</li> <li>One #10 can AP yields about 111 oz (12 cups) tomato paste and provides about 192.0 1-Tbsp servings tomato paste.</li> <li>CN Crediting: One Tbsp tomato paste provides ¼ cup vegetable.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned tomato paste in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of tomato paste covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>To reconstitute for use as tomato puree or sauce, mix one #10 can of tomato paste with one #10 can of water. To reconstitute for tomato juice, mix one #10 can of tomato paste with three #10 cans of water.</li> </ul>



**Nutrition Information**

Tomato paste, without salt added

	1 Tbsp (16 g)	½ Cup (131 g)
Calories	13	107
Protein	0.969 g	5.66 g
Carbohydrate	3.03 g	24.77 g
Dietary Fiber	0.7 g	5.4 g
Sugars	1.95 g	15.96 g
Total Fat	0.08 g	0.62 g
Saturated Fat	0.02 g	0.13 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.48 mg	3.90 mg
Calcium	6 mg	47 mg
Sodium	16 mg	128 mg
Magnesium	7 mg	55 mg
Potassium	162 mg	1328 mg
Vitamin A	244 IU	1998 IU
Vitamin A	12 RAE	100 RAE
Vitamin C	3.5 mg	28.7 mg
Vitamin E	0.69 mg	5.63 mg

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### A252 – TOMATO PASTE, LOW-SODIUM, CANNED, #10

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use tomato paste in sauces, stews, casseroles, pizza, and soups. Reconstituted tomato paste can be used as tomato puree or tomato juice.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple.</li> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A261 – FRUIT AND NUT MIX, DEHYDRATED, 5 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruit</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B dried fruit and nuts consisting of equal parts dried cranberries, dried dates, dried figs, dried plum pieces, walnut pieces, almonds, or dried cherries.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>5/5 lb bags per case.</li> <li>One 5 lb bag AP yields about 13 1/3 cups dehydrated fruit and nut mix and provides about 53.3 1/4-cup servings dehydrated fruit and nut mix.</li> <li>One lb AP yields about 2 2/3 cups dehydrated fruit and nut mix and provides about 10.7 1/4-cup servings dehydrated fruit and nut mix.</li> <li>CN Crediting: Request company formulation statement.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>If package is opened, refrigerate and use within 6 months.</li> <li>Unopened packages will keep 6 months in a dry place at temperatures under 65 °F.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Dried fruit and nut mix may be served right from the package.</li> </ul>



**Nutrition Information**

Fruit and nut mix

	1/4 cup (43 g)	1/2 cup (86 g)
Calories	135	270
Protein	2.3 g	4.5 g
Carbohydrate	23 g	46 g
Dietary Fiber	3 g	6 g
Sugars	N/A	N/A
Total Fat	3.8 g	7.5 g
Saturated Fat	0.2 g	0.5 g
Trans Fat	0.00 g	0.00 g
Cholesterol	0 mg	0 mg
Iron	0.7 mg	1.4 mg
Calcium	39 mg	78 mg
Sodium	0 mg	0 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	N/A	N/A
Vitamin A	N/A	N/A
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A

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### A261 – FRUIT AND NUT MIX, DEHYDRATED, 5 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve, as is, as a meal-time fruit choice.</li> <li>• Repackage to take as a snack on a field trip.</li> <li>• Serve as a delicious, nutritious topping for ice cream or yogurt or cereal.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A288 – CRANBERRY SAUCE, CANNED, #10**



**Nutrition Information**

Cranberry sauce, strained, sweetened

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Canned cranberry sauce is a strained jellied or semi-jellied product prepared from clean, sound, mature cranberries with an added sweetener such as high fructose corn syrup/corn sweetener and water.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case.</li> <li>One #10 can AP yields about 117.0 oz (12 cups) cranberry sauce and provides about 47.9 ¼-cup servings cranberry sauce.</li> <li>CN Crediting: ¼ cup cranberry sauce provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened cans of cranberry sauce in a cool, dry place. Never put canned goods above the stove, under the sink, in a damp storage area, or any place exposed to high or low temperature extremes.</li> <li>Store opened canned cranberry sauce covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>Cranberry sauce can be used right from the can, chilled, or at room temperature.</li> </ul>

	¼ cup (69 g)	½ cup (139 g)
Calories	105	209
Protein	0.14 g	0.28 g
Carbohydrate	26.94 g	53.88 g
Dietary Fiber	0.7 g	1.4 g
Sugars	26.25 g	52.49 g
Total Fat	0.1 g	0.21 g
Saturated Fat	0.01 g	0.02 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.15 mg	0.3 mg
Calcium	3 mg	6 mg
Sodium	20 mg	40 mg
Magnesium	2 mg	4 mg
Potassium	18 mg	36 mg
Vitamin A	1 IU	3 IU
Vitamin A	29 RAE	58 RAE
Vitamin C	1.4 mg	2.8 mg
Vitamin E	0.57 mg	1.15 mg

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### A288 – CRANBERRY SAUCE, CANNED, #10

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Cranberry sauce can be used directly from the can as a meat accompaniment, particularly poultry.</li> <li>• Cranberry sauce can also be used in sauce recipes, such as barbeque sauce, or in fruit desserts or salads.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A291 - CRANBERRIES, DEHYDRATED, SWEETENED, WHOLE, 5 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruit</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Sweetened dried cranberries are processed from U.S. Grade No. B or better frozen cranberries. No additives, preservatives, or flavors are added. A sugar solution is sprayed on the cranberries to balance the tartness and give them an appropriate texture and mouthfeel. Dried cranberries may be sprayed lightly with oil to prevent clumping.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>5/5 lb bags per case.</li> <li>One 5 lb bag AP yields about 17¼ cups ready-to-cook or -serve dehydrated cranberries and provides about 69.0 ¼-cup servings dehydrated fruit.</li> <li>One lb AP yields 1 lb (about 3¾ cups) ready-to-serve dehydrated cranberries and provides about 13.8 ¼-cup servings dehydrated fruit.</li> <li>CN Crediting: ¼ cup dehydrated cranberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store dried cranberries in a cool, dry place not exceeding a temperature of 65 °F. Shelf life is extended if the dried cranberries are stored below 45 °F.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Dried cranberries may be served right from the bag.</li> </ul>



**Nutrition Information**

Cranberries, dried, sweetened

	¼ cup (30 g)	½ cup (61 g)
Calories	93	187
Protein	0.02 g	0.04 g
Carbohydrate	24.96 g	49.91 g
Dietary Fiber	1.7 g	3.5 g
Sugars	19.70 g	39.39 g
Total Fat	0.41 g	0.83 g
Saturated Fat	0.03 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.16 mg	0.32 mg
Calcium	3 mg	6 mg
Sodium	1 mg	2 mg
Magnesium	2 mg	3 mg
Potassium	12 mg	24 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.1 mg	0.1 mg
Vitamin E	0.32 mg	0.65 mg

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### A291 - CRANBERRIES, DEHYDRATED, SWEETENED, WHOLE, 5 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Dried cranberries are a quick and easy snack.</li> <li>• Sprinkle on yogurt, cereal, or fruit or vegetable salads.</li> <li>• Use as a tasty addition to trail mix, quick breads, muffins, desserts, sauces, and salsa.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A292 – CHERRIES, DRIED, RED TART, PITTED, 2 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruit</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better (U.S. Grade A for pits) pitted red, tart cherries, osmotically dried. The cherries may have sugar or other sweeteners added.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>8/2 lb bags per case.</li> <li>One 2 lb bag AP yields about 5¾ cups dried cherries and provides about 23.6 ¼-cup servings dried fruit.</li> <li>One lb AP yields 1 lb (about 2⅞ cups) dried cherries and provides about 11.8 ¼-cup servings dried fruit.</li> <li>CN Crediting: ¼ cup dehydrated cherries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store the dried cherries in a cool, dry place, off the floor and away from walls to allow for circulation of air.</li> <li>To maintain freshness once the case has been opened, tightly close the poly bag package.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Dried cherries may be eaten plain or in a variety of dishes.</li> </ul>



**Nutrition Information**

Cherries, dried, sweetened

	¼ cup (33 g)	½ cup (66 g)
Calories	112	224
Protein	0.95 g	1.89 g
Carbohydrate	27.01 g	54.02 g
Dietary Fiber	1.4 g	2.8 g
Sugars	19.61 g	39.22 g
Total Fat	0.05 g	0.09 g
Saturated Fat	0.00 g	0.00 g
Trans Fat	0.00 g	0.00 g
Cholesterol	0 mg	0 mg
Iron	1 mg	2 mg
Calcium	28 mg	56 mg
Sodium	2 mg	4 mg
Magnesium	N/A	N/A
Potassium	214 mg	428 mg
Vitamin A	189 IU	378 IU
Vitamin A	N/A	N/A
Vitamin C	0.0 mg	0.0 mg
Vitamin E	N/A	N/A

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### A292 – CHERRIES, DRIED, RED TART, PITTED, 2 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Dried cherries are ready to eat or may be added to rice dishes, hot or cold cereals, puddings, and baked items. They may be combined with nuts or granola to make a trail mix.</li> <li>• Dried cherries are a good addition to salad bars.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A293 – CHERRIES, DRIED, RED TART, PITTED, 4 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better (U.S. Grade A for pits) pitted red, tart cherries, osmotically dried. The cherries may have sugar or other sweeteners added.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>4/4 lb bags per case.</li> <li>One 4 lb bag AP yields about 11½ cups dried cherries and provides about 47.2 ¼-cup servings dried fruit.</li> <li>One lb AP yields 1 lb (about 2⅞ cup) dried cherries and provides about 11.8 ¼-cup servings dried fruit.</li> <li>CN Crediting: ¼ cup dried cherries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store the dried cherries in a cool, dry place, off the floor and away from walls to allow for circulation of air.</li> <li>To maintain freshness once the case has been opened, tightly close the poly bag package.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Dried cherries may be eaten plain or in a variety of dishes.</li> </ul>



**Nutrition Information**

Cherries, dried, sweetened

	¼ cup (33 g)	½ cup (66 g)
Calories	112	224
Protein	0.95 g	1.89 g
Carbohydrate	27.01 g	54.02 g
Dietary Fiber	1.4 g	2.8 g
Sugars	19.61 g	39.22 g
Total Fat	0 g	0.09 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1 mg	2 mg
Calcium	28 mg	56 mg
Sodium	2 mg	4 mg
Magnesium	N/A	N/A
Potassium	214 mg	428 mg
Vitamin A	189 IU	378 IU
Vitamin A	N/A	N/A
Vitamin C	0.0 mg	0.0 mg
Vitamin E	N/A	N/A

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### A293 – CHERRIES, DRIED, RED TART, PITTED, 4 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Dried cherries are ready to eat or may be added to rice dishes, hot or cold cereals, puddings, and baked items. They may be combined with nuts or granola to make a trail mix.</li> <li>• Dried cherries are a good addition to salad bars.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a></li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A294 - STRAWBERRIES, FROZEN, SLICED, SWEETENED, 6.5 LB**



**Nutrition Information**

Strawberries and juice, sliced, sweetened

	¼ cup (64 g)	½ cup (128 g)
Calories	61	122
Protein	0.34 g	0.68 g
Carbohydrate	16.52 g	33.05 g
Dietary Fiber	1.2 g	2.4 g
Sugars	15.31 g	30.61 g
Total Fat	0.08 g	0.17 g
Saturated Fat	0 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.38 mg	0.75 mg
Calcium	7 mg	14 mg
Sodium	2 mg	4 mg
Magnesium	4 mg	9 mg
Potassium	62 mg	125 mg
Vitamin A	15 IU	31 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	26.4 mg	52.8 mg
Vitamin E	0.15 mg	0.29 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better strawberries, sliced, with sugar added. Fruit/sugar ratio is 4 to 1.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/6.5 lb plastic tubs per case. Each case weighs about 39 lbs.</li> <li>One 6.5 lb tub AP yields about 11½ cups thawed, sliced strawberries and juice and provides about 46.1 ¼-cup servings thawed fruit and juice.</li> <li>One lb AP yields about 1¾ cups thawed, sliced strawberries and provides about 7.10 ¼-cup servings thawed fruit and juice.</li> <li>CN Crediting: ¼ cup thawed, sliced strawberries and juice provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen strawberries at 0 °F or below, off the floor and away from the walls to allow for circulation of cold air. Stack packages tightly to prevent temperature fluctuation. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store opened thawed strawberries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Proper thawing is the key to product quality. For best results, thaw strawberries at 40 °F to minimize oxidation. Promptly return any unused product to the refrigerator.</li> </ul>

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### A294 - STRAWBERRIES, FROZEN, SLICED, SWEETENED, 6.5 LB

<b>PREPARATION/ COOKING INSTRUCTIONS</b>  (cont'd)	<ul style="list-style-type: none"> <li>• Add frozen berries as the last ingredient in fruit or gelatin salads to prevent crushing the berries or discoloring other fruits.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve thawed strawberries in fruit cups, salads, and over hot or cold cereals.</li> <li>• Use in recipes for jellied salads, glazes, desserts, or other baked items.</li> <li>• Also use as topping for ice cream, yogurt, puddings, shortcakes, pancakes, or French toast.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze strawberries.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A296 - CRANBERRY JUICE CONCENTRATE, BOTTLED, 64 OZ**



**Nutrition Information**

Cranberry juice cocktail, as prepared

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Cranberry juice concentrate is made from a blend of fresh or frozen cranberries, cranberry juice or cranberry juice concentrate and sweeteners (sucrose or fructose) and ascorbic acid.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>8/64 oz plastic bottles per case.</li> <li>One bottle makes 256 fl oz (2 gallons) of juice.</li> <li>When diluted the cranberry juice drink product provides 27% juice.</li> <li>CN Crediting: <b>SINCE THIS DRINK IS NOT 50% JUICE STRENGTH, WHEN RECONSTITUTED, IT CANNOT BE CREDITED TOWARD MEETING THE MEAL PATTERN REQUIRMENTS FOR CHILD NUTRITION PROGRAMS.</b></li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned cranberry juice concentrate in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of cranberry juice concentrate covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	¼ cup (63 g)	½ cup (126 g)
Calories	34	68
Protein	0 g	0 g
Carbohydrate	8.54 g	17.10 g
Dietary Fiber	0 g	0 g
Sugars	7.50 g	15.02 g
Total Fat	0.06 g	0.13 g
Saturated Fat	0.01 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.06 mg	0.13 mg
Calcium	2 mg	4 mg
Sodium	1 mg	3 mg
Magnesium	1 mg	1 mg
Potassium	9 mg	18 mg
Vitamin A	5 IU	10 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	26.7 mg	53.5 mg
Vitamin E	0.14 mg	0.28 mg

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### A296 - CRANBERRY JUICE CONCENTRATE, BOTTLED, 64 OZ

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Combine cranberry juice concentrate with 3 parts water (3+1) to make a 27% juice drink.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Cranberry juice can be served as an a la carte beverage or used as a base for punch. Mix with seltzer water for a carbonated drink.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to consume, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A297 - CRANBERRY JUICE CONCENTRATE, BOTTLED, 11.5 OZ**



**Nutrition Information**

Cranberry juice cocktail, as prepared

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Cranberry juice concentrate is made from a blend of fresh or frozen cranberries, cranberry juice or cranberry juice concentrate and sweeteners (sucrose or fructose) and ascorbic acid.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>12/11.5 oz plastic bottles per case.</li> <li>One bottle makes 46 fl oz of juice.</li> <li>When diluted the cranberry juice drink product provides 27% juice.</li> <li>CN Crediting: <b>SINCE THIS DRINK IS NOT 50% JUICE STRENGTH, WHEN RECONSTITUTED, IT CANNOT BE CREDITED TOWARD MEETING THE MEAL PATTERN REQUIRMENTS FOR CHILD NUTRITION PROGRAMS.</b></li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned cranberry juice concentrate in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of cranberry juice concentrate covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	¼ cup (63 g)	½ cup (126 g)
Calories	34	68
Protein	0 g	0 g
Carbohydrate	8.54 g	17.10 g
Dietary Fiber	0 g	0 g
Sugars	7.50 g	15.02 g
Total Fat	0.06 g	0.13 g
Saturated Fat	0.01 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.06 mg	0.13 mg
Calcium	2 mg	4 mg
Sodium	1 mg	3 mg
Magnesium	1 mg	1 mg
Potassium	9 mg	18 mg
Vitamin A	5 IU	10 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	26.7 mg	53.5 mg
Vitamin E	0.14 mg	0.28 mg

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### A297 - CRANBERRY JUICE CONCENTRATE, BOTTLED, 11.5 OZ

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Combine cranberry juice concentrate with 3 parts water (3+1) to make a 27% juice drink.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Cranberry juice can be served as an a la carte beverage or used as a base for punch. Mix with seltzer water for a carbonated drink.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to consume, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A299 – ORANGE JUICE, FROZEN, SINGLE SERVE,  
4 FL OZ UNITS**



**Nutrition Information**

Orange juice, from concentrate

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A pasteurized orange juice from concentrate in individual 4 fl oz, "milk carton type" containers.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>70/4 fl oz units per case. Each case weighs 19 lb.</li> <li>One 4.0 fl oz unit of orange juice provides ½ cup full strength fruit juice.</li> <li>CN Crediting: One 4.0 fl oz unit orange juice provides ½ cup fruit juice.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen orange juice at 0 °F or below, off the floor, and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration of the orange juice.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	1 unit (4.0 fl oz)
Calories	56
Protein	0.85 g
Carbohydrate	13.41 g
Dietary Fiber	0.2 g
Sugars	10.45 g
Total Fat	0.07 g
Saturated Fat	0.01 g
<i>Trans</i> Fat	0 g
Cholesterol	0 mg
Iron	0.12 mg
Calcium	11 mg
Sodium	1 mg
Magnesium	12 mg
Potassium	236 mg
Vitamin A	133 IU
Vitamin A	6 RAE
Vitamin C	48.4 mg
Vitamin E	0.25 mg

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### A299 – ORANGE JUICE, FROZEN, SINGLE SERVE, 4 FL OZ UNITS

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Thaw in the refrigerator the amount of orange juice needed for one day's use. Serve the juice as quickly as possible for optimum flavor after it is thawed. Orange juice quality will deteriorate rapidly after the product thaws.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve orange juice as a beverage.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Use frozen orange juice cartons within 10 days of thawing.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> <li>• The date on the 4 oz containers and any secondary containers is the actual date the product was further processed from concentrate and packaged into the cartons. Although it is usual industry practice to place an expiration and/or sell date on retail packages, this is NOT acceptable for USDA purchases. <b>THE DATE APPEARING ON THE INDIVIDUAL ORANGE JUICE CARTONS IS A PACK DATE, NOT A USE BY OR EXPIRATION DATE.</b></li> </ul>

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**A301 – ORANGE JUICE, FROZEN, CONCENTRATE, 32 FL OZ**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A unsweetened frozen concentrated orange juice.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>12/32 fl oz cans per case.</li> <li>One can AP yields 16 cups (128 fl oz) reconstituted orange juice and provides about 64.0 ¼-cup servings full strength orange juice OR 64 Tbsp concentrate.</li> <li>CN Crediting: ¼ cup full strength orange juice OR 1 Tbsp orange juice concentrate provides ¼ cup fruit juice.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen orange juice concentrate at 0 °F or below, off the floor, and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration of the orange juice.</li> <li>Store opened thawed orange juice concentrate covered and labeled in a dated nonmetallic container in the refrigerator and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>To reconstitute orange juice concentrate, mix one can thawed concentrate with three cans water.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Reconstitute orange juice concentrate and serve as a beverage or use in salads, sauces, or desserts.</li> </ul>



**Nutrition Information**

Orange juice, concentrate

<sup>1</sup>reconstituted

<sup>2</sup>concentrate

	¼ cup <sup>1</sup> (62 g)	1 Tbsp <sup>2</sup> (18 g)
Calories	28	28
Protein	0.42 g	0.42 g
Carbohydrate	6.71 g	6.78 g
Dietary Fiber	0.1 g	0.1 g
Sugars	5.23 g	6.63 g
Total Fat	0.04 g	0.04 g
Saturated Fat	0.00 g	0.00 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.06 mg	0.06 mg
Calcium	6 mg	6 mg
Sodium	1 mg	1 mg
Magnesium	6 mg	6 mg
Potassium	118 mg	120 mg
Vitamin A	67 IU	67 IU
Vitamin A	3 RAE	3 RAE
Vitamin C	24.2 mg	24.5 mg
Vitamin E	0.12 mg	0.13 mg

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### A301 – ORANGE JUICE, FROZEN, CONCENTRATE, 32 FL OZ

<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Thaw frozen orange juice concentrate in refrigerator and use as soon as possible after thawing.</li> <li>• Do not refreeze orange juice.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A306 – CRANBERRIES, WHOLE, FROZEN, 40 LB**



**Nutrition Information**

Cranberries, unsweetened

	¼ cup (24 g)	½ cup (48 g)
Calories	11	22
Protein	0.09 g	0.19 g
Carbohydrate	2.90 g	5.79 g
Dietary Fiber	1.1 g	2.2 g
Sugars	0.96 g	1.92 g
Total Fat	0.03 g	0.06 g
Saturated Fat	0.00 g	0.00 g
Trans Fat	0.00 g	0.00 g
Cholesterol	0 mg	0 mg
Iron	0.06 mg	0.12 mg
Calcium	2 mg	4 mg
Sodium	0 mg	1 mg
Magnesium	1 mg	3 mg
Potassium	20 mg	40 mg
Vitamin A	14 IU	28 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	3.2 mg	6.3 mg
Vitamin E	0.28 mg	0.57 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better frozen, whole cranberries.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>40 lb bag per case.</li> <li>One 40 lb case AP yields about 156.0 cups ready-to-cook or -serve thawed, drained cranberries and provides about 624.0 ¼-cup servings thawed, drained fruit.</li> <li>One lb AP yields 1 lb (about 3¾ cups) ready-to-cook or -serve thawed, drained cranberries and provides about 15.6 ¼-cup servings thawed, drained fruit.</li> <li>CN Crediting: ¼ cup thawed cranberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen cranberries in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store opened frozen cranberries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Remove any bruised or blemished cranberries and rinse with cold water before using.</li> <li>It is not necessary to thaw frozen cranberries before cooking. Use in recipes calling for frozen cranberries.</li> </ul>

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### A306 – CRANBERRIES, WHOLE, FROZEN, 40 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Frozen cranberries can be used in baked goods such as cakes, muffins, and breads.</li> <li>• Whole frozen cranberries can also be added to fruit salads or made into cranberry sauce.</li> <li>• Cranberries are excellent served with chicken, turkey, and pork.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze cranberries.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A309 - BLUEBERRIES, DEHYDRATED, WHOLE, 10 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>• Vegetables/Fruit</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>• Dried blueberries with added sweetener (sucrose, corn syrup and/or fructose) to prevent clumping.</li> <li>• Dried blueberries are low in sodium and are a great source of fiber. They contain no cholesterol and are low in fat.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>• 10 lb bag.</li> <li>• One 10 lb bag AP yields about 30 cups ready-to-serve dehydrated blueberries and provides about 124.0 ¼-cup servings dehydrated fruit.</li> <li>• One lb AP yields 1 lb (about 3 cups) ready-to-serve dehydrated blueberries and provides about 12.4 ¼-cup servings dehydrated fruit.</li> <li>• CN Crediting: ¼ cup dehydrated blueberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>• Store unopened dried blueberries in a cool, dry place, off the floor. Temperature changes shorten shelf life and speed deterioration.</li> <li>• After opening, keep bag tightly closed with a plastic tie or rubber band, or transfer contents to a zip-lock bag.</li> <li>• Use rehydrated berries immediately.</li> <li>• Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Blueberries, dehydrated, sweetened

	¼ cup (33 g)	½ cup (66 g)
Calories	114	228
Protein	0.32 g	0.64 g
Carbohydrate	28.26 g	56.52 g
Dietary Fiber	3.76 g	7.52 g
Sugars	19.27 g	38.54 g
Total Fat	0.05 g	0.10 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.14 mg	0.28 mg
Calcium	4 mg	9 mg
Sodium	1 mg	2 mg
Magnesium	N/A	N/A
Potassium	12 mg	24 mg
Vitamin A	19 IU	38 IU
Vitamin A	N/A	N/A
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A

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### A309 - BLUEBERRIES, DEHYDRATED, WHOLE, 10 LB

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• TO REHYDRATE: Soak blueberries in water until plump, (approximately 2-3 hours or overnight), then incorporate into recipe. Substitute 1 cup rehydrated blueberries for 1 cup fresh blueberries.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Used dried blueberries in trail mix, yogurt, or cereal.</li> <li>• Reconstitute and serve in sauces, toppings, or fruit dishes.</li> <li>• Bake in breads, muffins, or bagels.</li> <li>• Use in recipes for baked items that use dried or rehydrated berries as an ingredient. Dried blueberries are best suited for thick, heavier batters. Do not over-stir, as this may cause the berries to break, resulting in blue batter.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A310 - BLUEBERRIES, DEHYDRATED, WHOLE, 25 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruit</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Dried blueberries with added sweetener (sucrose, corn syrup and/or fructose) to prevent clumping.</li> <li>Dried blueberries are low in sodium and are a great source of fiber. They contain no cholesterol and are low in fat.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>25 lb bag.</li> <li>One 25 lb bag AP yields about 75 cups ready-to-serve dehydrated blueberries and provides about 310.0 ¼-cup servings ready-to-serve dehydrated fruit.</li> <li>One lb AP yields 1 lb (about 3 cups) ready-to-serve dried blueberries and provides about 12.4 ¼-cup servings ready-to-serve dehydrated fruit.</li> <li>CN Crediting: ¼ cup dehydrated blueberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened dried blueberries in a cool, dry place, off the floor. Temperature changes shorten shelf life and speed deterioration.</li> <li>After opening, keep bag tightly closed with a plastic tie or rubber band, or transfer contents to a zip-lock bag.</li> <li>Use rehydrated berries immediately.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Blueberries, dehydrated, sweetened

	¼ cup (33 g)	½ cup (66 g)
Calories	114	228
Protein	0.32 g	0.64 g
Carbohydrate	28.26 g	56.52 g
Dietary Fiber	3.8 g	7.52 g
Sugars	19.27 g	38.54 g
Total Fat	0.05 g	0.10 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.14 mg	0.28 mg
Calcium	4 mg	9 mg
Sodium	1 mg	2 mg
Magnesium	N/A	N/A
Potassium	12 mg	24 mg
Vitamin A	19 IU	38 IU
Vitamin A	N/A	N/A
Vitamin C	0 mg	0 mg
Vitamin E	N/A	N/A

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### A310 - BLUEBERRIES, DEHYDRATED, WHOLE, 25 LB

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• TO REHYDRATE: Soak blueberries in water until plump, (approximately 2-3 hours or overnight), then incorporate into recipe. Substitute 1 cup rehydrated blueberries for 1 cup fresh blueberries.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Used dried blueberries in trail mix, yogurt, or cereal.</li> <li>• Reconstitute and serve in sauces, toppings, or fruit dishes.</li> <li>• Bake in breads, muffins, or bagels.</li> <li>• Use in recipes for baked items that use dried or rehydrated berries as an ingredient. Dried blueberries are best suited for thick, heavier batters. Do not over-stir, as this may cause the berries to break, resulting in blue batter.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A337 – APPLES, FRESH, SLICED, UNPEELED, 100/2.0 OZ POUCH**



**Nutrition Information**

Apples, raw, with skin

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>• Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>• Fresh sliced apples are U.S. No. 1 or better.</li> <li>• Each ready-to-eat pouch contains unpeeled sliced apples that are washed, cored, and trimmed.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>• 100/2 oz pouches per case. Each case weighs 12.5 lbs.</li> <li>• One 2 oz pouch AP provides ½ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>• Store fresh sliced apples in the refrigerator at 32 to 38 °F until ready to serve.</li> <li>• Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> <li>• Use by the date shown on the package.</li> </ul>
<b>PREPARATION/COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Apples may be consumed directly from the package without washing or other preparation.</li> </ul>

	2oz (56.7 g)
Calories	29
Protein	0.15 g
Carbohydrate	7.83 g
Dietary Fiber	1.4 g
Sugars	5.89 g
Total Fat	0.10 g
<i>Trans</i> Fat	0 g
Saturated Fat	0.02 g
Cholesterol	0 mg
Iron	0.07 mg
Calcium	3 mg
Sodium	1 mg
Magnesium	3 mg
Potassium	61 mg
Vitamin A	0 RE
Vitamin A	31 IU
Vitamin A	2 RAE
Vitamin C	2.6 mg
Vitamin E	0.10 mg

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### A337 – APPLES, FRESH, SLICED, UNPEELED, 100/2.0 OZ POUCH

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Fresh sliced apples are ready-to-eat and may be served at breakfast, lunch, or as a snack.</li> <li>• The apples may be used in cold mixed fruit dishes or salads, or over hot or cold cereal, or served with yogurt dips.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Keep Refrigerated until ready to serve.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A338 – APPLES, FRESH, SLICED, UNPEELED, 64/2.0 OZ POUCH**



**Nutrition Information**

Apples, raw, with skin

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Fresh sliced apples are U.S. No. 1 or better.</li> <li>Each ready-to-eat pouch contains unpeeled sliced apples that are washed, cored, and trimmed.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>64/2 oz pouches per case. Each case weighs 8 lbs.</li> <li>One 2 oz pouch AP provides ½ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store fresh sliced apples in the refrigerator at 32 to 38 °F until ready to serve.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> <li>Use by the date shown on the package.</li> </ul>
<b>PREPARATION/COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Apples may be consumed directly from the package without washing or other preparation.</li> </ul>

	2oz (56.7 g)
Calories	29
Protein	0.15 g
Carbohydrate	7.83 g
Dietary Fiber	1.4 g
Sugars	5.89 g
Total Fat	0.10 g
<i>Trans</i> Fat	0 g
Saturated Fat	0.02 g
Cholesterol	0 mg
Iron	0.07 mg
Calcium	3 mg
Sodium	1 mg
Magnesium	3 mg
Potassium	61 mg
Vitamin A	0 RE
Vitamin A	31 IU
Vitamin A	2 RAE
Vitamin C	2.6 mg
Vitamin E	0.10 mg

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### A338 – APPLES, FRESH, SLICED, UNPEELED, 64/2.0 OZ POUCH

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Fresh sliced apples are ready-to-eat and may be served at breakfast, lunch, or as a snack.</li> <li>• The apples may be used in cold mixed fruit dishes or salads, or over hot or cold cereal, or served with yogurt dips.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Keep Refrigerated until ready to serve.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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(last updated, 4-15-09)

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**A339– APPLES, FRESH, SLICED, UNPEELED, 200/2.0 OZ POUCH**



**Nutrition Information**

Apples, raw, with skin

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Fresh sliced apples are U.S. No. 1 or better.</li> <li>Each ready-to-eat pouch contains unpeeled sliced apples that are washed, cored, and trimmed.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>200/2 oz pouches per case. Each case weighs 25 lbs.</li> <li>One 2 oz pouch AP provides ½ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store fresh sliced apples in the refrigerator at 32 to 38 °F until ready to serve.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> <li>Use by the date shown on the package.</li> </ul>
<b>PREPARATION/COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Apples may be consumed directly from the package without washing or other preparation.</li> </ul>

	2oz (56.7 g)
Calories	29
Protein	0.15 g
Carbohydrate	7.83 g
Dietary Fiber	1.4 g
Sugars	5.89 g
Total Fat	0.10 g
<i>Trans</i> Fat	0 g
Saturated Fat	0.02 g
Cholesterol	0 mg
Iron	0.07 mg
Calcium	3 mg
Sodium	1 mg
Magnesium	3 mg
Potassium	61 mg
Vitamin A	0 RE
Vitamin A	31 IU
Vitamin A	2 RAE
Vitamin C	2.6 mg
Vitamin E	0.10 mg

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### A339 – APPLES, FRESH, SLICED, UNPEELED, 200/2.0 OZ POUCH

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Fresh sliced apples are ready-to-eat and may be served at breakfast, lunch, or as a snack.</li> <li>• The apples may be used in cold mixed fruit dishes or salads, or over hot or cold cereal, or served with yogurt dips.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Keep Refrigerated until ready to serve.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A343 – APPLES, FRESH, 40 LB**



**Nutrition Information**

Apple, raw with skin

	1 medium apple, 2¾ in. diameter	1 large apple, 3¼ in. diameter
Calories	72	110
Protein	0.36 g	0.55 g
Carbohydrate	19.06 g	29.28 g
Dietary Fiber	3.3 g	5.1 g
Sugars	14.34 g	22.03 g
Total Fat	0.23 g	0.36 g
Saturated Fat	0.04 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.17 mg	0.25 mg
Calcium	8 mg	13 mg
Sodium	1 mg	2 mg
Magnesium	7 mg	11 mg
Potassium	148 mg	227 mg
Vitamin A	75 IU	114 IU
Vitamin A	4 RAE	6 RAE
Vitamin C	6.3 mg	9.8 mg
Vitamin E	0.25 mg	0.38 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Fancy Grade fresh apples.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>40 lb case, cell (96-140 apples) or tray pack (100-150 apples). Each case shows the apple size by count. The fewer apples per case, the larger the individual apple. The apples are approximately 3⅛ in. diameter for a count of 100; 2⅞ in. for a count of 125; and 2⅝ in. for a count of 150.</li> <li>One lb AP 125-138 count apples yields 0.91 lb (about 3⅔ cups) ready-to-cook or -serve raw, cored, unpeeled apple and provides about 14.8 ¼-cup servings of raw, unpeeled apple (about ¼ apple) OR 3.0 baked apples (about ½ cup cooked fruit) OR about 11.4 ¼-cup servings raw, cored, peeled fruit OR about 6.8 ¼-cup servings cored, peeled, cooked, unsweetened fruit OR about 5.8 ¼-cup servings cooked, sieved, unsweetened fruit.</li> <li>CN Crediting: ¼ cup raw, cored, unpeeled apple OR ¼ cup cooked fruit provides ¼ cup fruit. One whole, raw apple provides 1 cup fruit. One baked apple provides about ½ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Maintaining proper relative humidity and temperature is most important in storing apples. Always refrigerate fresh apples. The optimum storage temperature for apples is 32 °F with 90% relative humidity. Apples should be stored in their original shipping containers. Keep apples in a well ventilated area away from walls. These conditions best retard the ripening process and maintain high quality. Avoid temperatures below 32 °F. Apples may pick up off-flavors if stored with other foods. The length of time apples can be held in cold storage varies with the variety and the condition of the apples when harvested. At the temperature and humidity listed above, a generally acceptable storage period for most varieties is 3 months.</li> </ul>

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### A343 – APPLES, FRESH, 40 LB

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Wash apples thoroughly before using.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Serve apples fresh, whole or sliced. Apples may also be served with cheese, peanut butter, or yogurt dip. Use in salads or baked items.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>Wash apples thoroughly before using.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A345 – APPLE SLICES, CANNED, UNSWEETENED, #10**



**Nutrition Information**

Apples, sliced, unsweetened, in water

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A canned apple slices packed in water without salt or nutritive sweeteners.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz (13<math>\frac{1}{3}</math> cups) fruit and juice.</li> <li>One #10 can AP yields about 92 oz (about 12<math>\frac{1}{4}</math> cups) drained apple slices and provides about 49.0 <math>\frac{1}{4}</math>-cup servings drained, sliced apple OR about 53.4 <math>\frac{1}{4}</math>-cup servings fruit and juice.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup sliced apple and juice OR <math>\frac{1}{4}</math> cup drained sliced apple provides <math>\frac{1}{4}</math> cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned apple slices in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned apple slices covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	$\frac{1}{4}$ cup (63 g)	$\frac{1}{2}$ cup (125 g)
Calories	18	35
Protein	0 g	0 g
Carbohydrate	4.5 g	9 g
Dietary Fiber	0.5 g	1 g
Sugars	3.5 g	7 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.72 mg	1.44 mg
Calcium	0 mg	0 mg
Sodium	2.5 mg	5 mg
Magnesium	N/A	N/A
Potassium	42.5 mg	85 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.6 mg	1.2 mg
Vitamin E	N/A	N/A

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### A345 – APPLE SLICES, CANNED, UNSWEETENED, #10

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Apple slices can be used right from the can, chilled or at room temperature.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use sliced apples in salads, mixed fruit compotes, apple crisp, cobblers, pies, or other desserts.</li> <li>• Use when preparing mixed fruit salads or preparing apple pies and turnovers. Drain well to use in apple nut breads and apple cake.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with some foods for various reasons. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A346 – APPLE SLICES, FROZEN, UNSWEETENED, 30 LB**



**Nutrition Information**

Apples, frozen, sliced, unsweetened, heated

	¼ cup (52 g)	½ cup (103 g)
Calories	24	48
Protein	0.15 g	0.30 g
Carbohydrate	6.18 g	12.36 g
Dietary Fiber	1 g	2 g
Sugars	N/A	N/A
Total Fat	0.17 g	0.34 g
Saturated Fat	0.03 g	0.06 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.1 mg	0.2 mg
Calcium	3 mg	5 mg
Sodium	2 mg	3 mg
Magnesium	2 mg	3 mg
Potassium	39 mg	78 mg
Vitamin A	10 IU	21 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	0.2 mg	0.4 mg
Vitamin E	N/A	N/A

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A individually quick frozen (IQF) apple slices.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>One 30 lb case AP yields about 95¼ cups tempered ready-to-cook or serve sliced apple and provides about 381.0 ¼-cup servings tempered ready-to-cook or serve sliced apple OR about 264.0 ¼-cup servings heated fruit.</li> <li>One lb AP yields 0.99 lb (about 3⅛ cups) tempered ready to-cook or serve sliced apple and provides about 12.7 ¼-cup servings tempered ready-to-cook or serve sliced apple OR about 8.80 ¼-cup servings heated fruit.</li> <li>CN Crediting: ¼ cup tempered sliced apple OR ¼ cup heated sliced apple provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen apple slices at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf-life and speed deterioration.</li> <li>Store opened thawed apple slices covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

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### A346 – APPLE SLICES, FROZEN, UNSWEETENED, 30 LB

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Drain well to use in apple nut breads and apple cake.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze apple slices.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A350 – APPLESAUCE, CANNED, UNSWEETENED, #10**



**Nutrition Information**

Applesauce, unsweetened, without salt

	¼ cup (61 g)	½ cup (122 g)
Calories	26	52
Protein	0.10 g	0.21 g
Carbohydrate	6.89 g	13.77 g
Dietary Fiber	0.7 g	1.5 g
Sugars	6.15 g	12.31 g
Total Fat	0.03 g	0.06 g
Saturated Fat	0.01 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.07 mg	0.15 mg
Calcium	2 mg	4 mg
Sodium	1 mg	2 mg
Magnesium	2 mg	4 mg
Potassium	46 mg	92 mg
Vitamin A	18 IU	35 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	0.7 mg	1.5 mg
Vitamin E	0.13 mg	0.27 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A canned, unsweetened applesauce, regular (pureed) form.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case.</li> <li>One #10 can AP yields about 108 oz (12 cups) applesauce and provides about 47.6 ¼-cup servings applesauce.</li> <li>CN Crediting: ¼ cup applesauce provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned applesauce in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned applesauce covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>Applesauce can be used right from the can, chilled or at room temperature.</li> </ul>

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### A350 – APPLESAUCE, CANNED, UNSWEETENED, #10

<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve chilled applesauce plain, with raisins, or spiced as a side dish or dessert. Applesauce mixed half and half with cranberry sauce is tasty with poultry or pork. Applesauce may be added to meatloaf as a replacement for the liquid. Hot or cold applesauce with chopped nuts or grated orange rind is a good topping for pancakes, French toast, or waffles. Top gingerbread with chilled applesauce. Use applesauce as directed in recipes for baked items.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with some foods for various reasons. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A356 – GRAPEFRUIT, FRESH, CASE**



**Nutrition Information**

Grapefruit, raw, pink, red, and white

	¼ cup (58 g)	½ cup (115 g)
Calories	18	37
Protein	0.36 g	0.72 g
Carbohydrate	4.65 g	9.29 g
Dietary Fiber	0.1 g	1.3 g
Sugars	4.01 g	8.03 g
Total Fat	0.06 g	0.12 g
Saturated Fat	0.01 g	0.02 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.05 mg	0.10 mg
Calcium	7 mg	14 mg
Sodium	0 mg	0 mg
Magnesium	5 mg	9 mg
Potassium	80 mg	160 mg
Vitamin A	533 IU	1066 IU
Vitamin A	26 RAE	53 RAE
Vitamin C	19.8 mg	39.6 mg
Vitamin E	0.07 mg	0.15 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Fresh grapefruit of U.S. Grade 1 or better. Size, variety, and case weight will vary depending upon the state in which they are grown.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>Cases weigh 34-39 pounds each. Each case contains a count of 27-32 (large) grapefruits.</li> <li>One lb AP yields 0.74 lb (about 1⅝ cups) peeled, ready-to-serve raw grapefruit sections and provides 6.48 ¼-cup servings peeled, ready-to-serve raw grapefruit sections (about 2 sections) OR 0.58 lb (about 1⅝ cups) ready-to-serve raw, peeled grapefruit sections without membrane and provides about 4.5 ¼-cup fruit sections, peeled, without membrane (about 2 sections) OR 0.48 lb (about ⅞ cup) grapefruit juice and provides about 3.50 ¼-cups grapefruit and juice OR 2.0 ½ grapefruit (about ½ cup fruit and juice).</li> <li>CN Crediting: ¼ cup grapefruit sections provides ¼ cup fruit OR ¼ cup grapefruit juice provides ¼ cup fruit juice.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store grapefruit in a well ventilated area, keeping cartons off the floor to improve circulation of air and discourage condensation of moisture on fruit. The ideal storage temperature for fresh grapefruit is 50 °F, with a relative humidity of 85-90%. Chill damage is evidenced by rapid deterioration of the interior of the fruit after it is removed from storage, and can be avoided by storing the fruits at temperatures no lower than 40 °F.</li> </ul>

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**A356 – GRAPEFRUIT, FRESH, CASE**

<p><b>STORAGE</b> (cont'd)</p>	<ul style="list-style-type: none"> <li>• Grapefruit may show signs of russeting (browning of the peel) or regreening (peel of ripe fruit becoming green again). Neither of these conditions affect the quality of the fruit.</li> <li>• Additional note: Florida grapefruits may be treated with ethylene, and should not be stored for long periods. Long storage of ethylene treated grapefruits may result in stem end rot. Refrigerated storage of grapefruit is not recommended. If it is necessary to store Florida grapefruit under refrigeration, a limited storage period is advised, and then only if fruit is inspected at regular intervals.</li> <li>• Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• FOR SECTIONS: Slice grapefruit into halves through the stem end. Slice the halves again, through the stem end. Turn sideways and slice across the previous cut. Perfect points will be formed. Remove skin, as necessary.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve fresh grapefruit halved or sectioned for breakfast or lunch. Can combine grapefruit sections and juice with other fruits for a fruit salad.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Wash grapefruit thoroughly before using.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A357 – ORANGES, FRESH, CASE**



**Nutrition Information**

Orange, 2<sup>5</sup>/<sub>8</sub> in. diameter

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade 1 or better fresh oranges. Size, variety, and case weight will vary depending upon the state in which they are grown. Varieties include Navel, Valencia, Pineapple or Hamlin.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>38-45 lb case. Each case contains a count of 100-138 oranges.</li> <li>One lb AP yields 0.40 lb (about <sup>7</sup>/<sub>8</sub> cups) ready-to-serve, raw, peeled orange sections with membranes removed and provides about 3.50 <sup>1</sup>/<sub>4</sub>-cup servings fruit sections with membrane removed OR 0.48 lb (about <sup>7</sup>/<sub>8</sub> cup) orange juice and provides about 3.60 <sup>1</sup>/<sub>4</sub>-cup servings juice.</li> <li>CN Crediting: <sup>1</sup>/<sub>4</sub> cup orange sections with membrane removed or <sup>1</sup>/<sub>2</sub> orange provides <sup>1</sup>/<sub>4</sub> cup fruit. <sup>1</sup>/<sub>4</sub> cup orange juice provides <sup>1</sup>/<sub>4</sub> cup fruit juice.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store fresh oranges in a well ventilated area, keeping cartons off the floor to improve circulation of air and discourage condensation of moisture on fruit. The ideal storage temperature is 40 °F, with a relative humidity of 85-90%.</li> </ul>

	1 medium (131 g)
Calories	62
Protein	1.23 g
Carbohydrate	15.39 g
Dietary Fiber	3.1 g
Sugars	12.25 g
Total Fat	0.16 g
Saturated Fat	0.02 g
<i>Trans</i> Fat	0 g
Cholesterol	0 mg
Iron	0.13 mg
Calcium	52 mg
Sodium	0 mg
Magnesium	13 mg
Potassium	237 mg
Vitamin A	295 IU
Vitamin A	14 RAE
Vitamin C	69.7 mg
Vitamin E	0.24 mg

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### A357 – ORANGES, FRESH, CASE

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Wash oranges thoroughly before using.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve fresh oranges whole, quartered, or sectioned for breakfast or lunch.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Wash oranges thoroughly before using.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A358 – APRICOTS, FROZEN, SLICED, BULK, 20 LB**



**Nutrition Information**

Apricots, frozen, sweetened

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A apricots, frozen, sliced, and packed in syrup at a ratio of 5:1 fruit to sugar. Ascorbic and citric acid may be added.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>20 lb case containing a vacuum sealed plastic bag.</li> <li>One 20 lb case AP yields about 24<math>\frac{1}{8}</math> cups thawed, drained, sliced apricots and provides about 96.4 <math>\frac{1}{4}</math>-cup servings thawed, drained, sliced apricots OR about 142.6 <math>\frac{1}{4}</math>-cup servings thawed, fruit and juice.</li> <li>One lb AP yields 0.63 lb (about 1<math>\frac{1}{8}</math> cups) ready to serve, thawed, drained, sliced apricots and provides about 4.91 <math>\frac{1}{4}</math>-cup servings thawed, drained sliced apricots OR about 7.26 <math>\frac{1}{4}</math>-cup servings thawed fruit and juice.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup thawed, sliced apricots with juice OR <math>\frac{1}{4}</math> cup thawed, drained, sliced apricots provides <math>\frac{1}{4}</math> cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen blackberries at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten life and speed deterioration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Proper thawing is the key to product quality. For best results, thaw the product at 40 ° F. Promptly return any unused product to the refrigerator.</li> <li>To ensure that the frozen apricots do not turn brown, thaw in the plastic vacuum-sealed bags. Serve some, if not all, of the juice on and around the apricots.</li> </ul>

	$\frac{1}{4}$ cup (61 g)	$\frac{1}{2}$ cup (121 g)
Calories	59	119
Protein	0.42 g	0.85 g
Carbohydrate	15.19 g	30.37 g
Dietary Fiber	1.3 g	2.7 g
Sugars	N/A	N/A
Total Fat	0.06 g	0.12 g
Saturated Fat	0.0 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.54 mg	1.09 mg
Calcium	6 mg	12 mg
Sodium	2 mg	5 mg
Magnesium	5 mg	11 mg
Potassium	139 mg	277 mg
Vitamin A	1016 IU	2033 IU
Vitamin A	51 RAE	102 RAE
Vitamin C	5.4 mg	10.9 mg
Vitamin E	N/A	N/A

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### A358 – APRICOTS, FROZEN, SLICED, BULK, 20 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve apricots chilled with syrup or chilled and drained as part of fruit salads or with cottage cheese. Combine with other fresh, canned or frozen fruits for fruit cups or compotes.</li> <li>• Serve drained and heated or at room temperature as a garnish for main dishes. Use as directed in recipes specifying apricots.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze apricots.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A360 – APRICOTS, CANNED, HALVES, UNPEELED, #10**



**Nutrition Information**

Apricots, halves, light syrup, fruit and juice

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B canned unpeeled apricot halves packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz (12 cups) apricot halves and juice.</li> <li>One #10 can AP yields about 62 oz (7½ cups) drained apricot halves and provides about 29.3 ¼-cup servings of drained apricot halves OR about 48.0 ¼-cup servings of fruit and juice.</li> <li>CN Crediting: ¼ cup apricot halves and juice OR ¼ cup drained apricot halves provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store canned apricot halves in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned apricots covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>Apricot halves can be used right from the can, chilled, or at room temperature.</li> </ul>

	¼ cup (63 g)	½ cup (127 g)
Calories	40	80
Protein	0.34 g	0.67 g
Carbohydrate	10.43 g	20.86 g
Dietary Fiber	1.0 g	2.0 g
Sugars	9.42 g	18.84 g
Total Fat	0.03 g	0.06 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.25 mg	0.49 mg
Calcium	7 mg	14 mg
Sodium	3 mg	5 mg
Magnesium	5 mg	10 mg
Potassium	87 mg	175 mg
Vitamin A	836 IU	1672 IU
Vitamin A	42 RAE	83 RAE
Vitamin C	1.7 mg	3.4 mg
Vitamin E	0.38 mg	0.76 mg

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### A360 – APRICOTS, CANNED, HALVES, UNPEELED, #10

<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve apricots chilled with syrup or chilled and drained as part of fruit salads. Apricots can also be served with cottage cheese.</li> <li>• Combine with other fresh, canned, or frozen fruits for fruit cups or compotes.</li> <li>• Serve drained and heated or at room temperature as a garnish for main dishes.</li> <li>• Use as directed in recipes specifying apricots such as cobblers and crisps.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A363 – CHERRIES, CANNED, RED TART, PITTED, #10**



**Nutrition Information**

Cherries, red tart, water packed, fruit and liquid

	¼ cup (61 g)	½ cup (122 g)
Calories	22	44
Protein	0.47 g	0.94 g
Carbohydrate	5.45 g	10.91 g
Dietary Fiber	0.7 g	1.3 g
Sugars	4.64 g	9.27 g
Total Fat	0.06 g	0.12 g
<i>Trans</i> Fat	0 g	0 g
Saturated Fat	0.01 g	0.03 g
Cholesterol	0 mg	0 mg
Iron	0.84 mg	1.67 mg
Calcium	7 mg	13 mg
Sodium	4 mg	9 mg
Magnesium	4 mg	7 mg
Potassium	60 mg	120 mg
Vitamin A	23 IU	46 IU
Vitamin A	460 RAE	920 RAE
Vitamin C	1.3 mg	2.6 mg
Vitamin E	0.14 mg	0.28 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B (except must be U. S. Grade A for pits). Canned red tart, pitted cherries, water pack.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz (11¾ cups) fruit and juice.</li> <li>One #10 can AP yields about 71.2 oz (9 cups) drained, pitted cherries OR about 11¾ cups pitted cherries and juice and provides about 36.2 ¼-cup servings drained, pitted cherries OR about 46.8 ¼-cup servings fruit and juice.</li> <li>CN Crediting: ¼ cup cherries and juice OR ¼ cup drained, cherries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned pitted cherries in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned pitted cherries covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>Pitted cherries can be used right from the can, chilled, or at room temperature.</li> </ul>

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### A363 – CHERRIES, CANNED, RED TART, PITTED, #10

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use in baked cobblers, crisps, and other desserts.</li> <li>• Use in recipes for main dishes, breads, or salads.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A364 – CHERRIES, FROZEN, RED, TART, PITTED, IQF, 40 LB**



**Nutrition Information**

Cherries, red, frozen, unsweetened, unthawed

	¼ cup (39 g)	½ cup (78 g)
Calories	18	36
Protein	0.36 g	0.71 g
Carbohydrate	4.27 g	8.54 g
Dietary Fiber	0.6 g	1.2 g
Sugars	3.5 g	6.99 g
Total Fat	0.17 g	0.34 g
Saturated Fat	0.04 g	0.08 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.21 mg	0.41 mg
Calcium	5 mg	10 mg
Sodium	0 mg	1 mg
Magnesium	3 mg	7 mg
Potassium	48 mg	96 mg
Vitamin A	17 RAE	34 RAE
Vitamin A	337 IU	674 IU
Vitamin C	1.3 mg	0.7 mg
Vitamin E	0.02 mg	0.04 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B cherries, individually quick frozen (IQF), no sugar added. Pit score of Grade A, allowance: 1 pit per 160 oz.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>40 lb case.</li> <li>One 40 lb case AP yields about 70½ cups thawed, drained cherries and provides about 280.8 ¼-cup servings thawed, drained cherries OR about 457.4 ¼-cup servings of thawed cherries and juice OR about 236.7 ¼-cup servings cooked fruit and juice.</li> <li>One lb AP yields 0.70 lb (about 1¾ cups) thawed, drained cherries and provides about 7.0 ¼-cup servings thawed, drained cherries OR about 11.4 ¼-cup servings thawed cherries and juice OR about 5.90 ¼-cup servings cooked fruit and juice.</li> <li>CN Crediting: ¼ cup thawed cherries and juice OR ¼ cup of thawed drained cherries OR ¼ cup cooked cherries and juice provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen cherries in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store opened frozen cherries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

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### A364 – CHERRIES, FROZEN, RED, TART, PITTED, IQF, 40 LB

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Thaw cherries in the original container in the refrigerator. Allow 2-3 days to thaw (approximately 2 hours/lb).</li> <li>• Thawed cherries can be used right from the carton.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• IQF cherries can be used in fruit cups or salads or in baked goods such as muffins, pies, cobblers, crisps, or breads.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze cherries.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A365 - CHERRIES, FROZEN, RED, TART, PITTED, 30 LB**



**Nutrition Information**

Cherries, red, frozen, unsweetened, unthawed

	¼ cup (39 g)	½ cup (78 g)
Calories	18	36
Protein	0.36 g	0.71 g
Carbohydrate	4.27 g	8.54 g
Dietary Fiber	0.6 g	1.2 g
Sugars	3.5 g	6.99 g
Total Fat	0.17 g	0.34 g
Saturated Fat	0.04 g	0.08 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.21 mg	0.41 mg
Calcium	5 mg	10 mg
Sodium	0 mg	1 mg
Magnesium	3 mg	7 mg
Potassium	48 mg	96 mg
Vitamin A	17 RAE	34 RAE
Vitamin A	337 IU	674 IU
Vitamin C	1.3 mg	0.7 mg
Vitamin E	0.02 mg	0.04 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B cherries, no sugar added. Pit score of Grade A, allowance: 1 pit per 160 oz.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>One 30 lb case AP yields about 52½ cups thawed, drained cherries and provides about 210.0 ¼-cup servings thawed, drained cherries OR about 342.0 ¼-cup servings of thawed cherries and juice OR about 177.0 ¼-cup servings cooked fruit and juice.</li> <li>One lb AP yields 0.70 lb (about 1¾ cups) thawed, drained cherries and provides about 7.0 ¼-cup servings thawed, drained cherries OR about 11.4 ¼-cup servings thawed cherries and juice OR about 5.90 ¼-cup servings cooked fruit and juice.</li> <li>CN Crediting: ¼ cup thawed cherries and juice OR ¼ cup of thawed drained cherries OR ¼ cup cooked cherries and juice provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen cherries at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store opened thawed cherries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

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### A365 - CHERRIES, FROZEN, RED, TART, PITTED, 30 LB

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Thaw cherries in the original container in the refrigerator. Allow 2 to 3 days to thaw (approximately 2 hr per lb). Before use, mix the fruit thoroughly to evenly distribute the sugar.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve thawed cherries in fruit cups or salads.</li> <li>• Use as a topping for pudding/custard, ice cream. Use in recipes for jellied salads, desserts, pies, cobblers, or quick breads.</li> <li>• If frozen unsweetened cherries are substituted in a recipe that calls for sweetened cherries, increase the amount of sugar in the recipe.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze cherries.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A366 – BLUEBERRIES, FROZEN, WILD, IQF, 30 LB**



**Nutrition Information**

Blueberries, wild, frozen, unsweetened

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better blueberries, unsweetened. Native type (wild), individually quick frozen (IQF).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>One 30 lb case AP yields about 89¼ cups thawed, ready-to-serve blueberries and provides about 357.0 ¼-cup servings thawed ready-to-serve fruit.</li> <li>One lb AP yields 0.91 lb (about 2⅞ cups) thawed, ready-to-serve blueberries and provides about 11.9 ¼-cup servings thawed, ready-to-serve fruit.</li> <li>CN Crediting: ¼ cup thawed, ready-to-serve blueberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen blueberries in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store opened frozen blueberries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	¼ cup (39 g)	½ cup (78 g)
Calories	17	34
Protein	0.28 g	0.55 g
Carbohydrate	4.06 g	8.11 g
Dietary Fiber	1.0 g	2.1 g
Sugars	3.27 g	6.55 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.43 mg	0.86 mg
Calcium	6 mg	12 mg
Sodium	0 mg	1 mg
Magnesium	2 mg	4 mg
Potassium	21 mg	42 mg
Vitamin A	1.0 RAE	2.0 RAE
Vitamin A	64 IU	127 IU
Vitamin C	0.8 mg	1.7 mg
Vitamin E	0.19 mg	0.37 mg

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### A366 – BLUEBERRIES, FROZEN, WILD, IQF, 30 LB

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Thawed blueberries can be used right from the case.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Drain thawed blueberries before serving.</li> <li>• Add frozen blueberries last to fruit salads or other mixtures so blueberries will not be crushed or discolor other fruits.</li> <li>• To lighten the color of blueberries and blueberry juice (to make it appear more red) add an acid such as lemon, grapefruit, or orange juice.</li> <li>• To avoid streaking of color through batter and dough in baking, coat frozen blueberries with flour or dry ingredients. Add to batter at once.</li> <li>• Serve thawed blueberries in fruit cups, salads, hot or cold cereals.</li> <li>• Use in recipes for jellied salads, pies, cobblers, pancakes, muffins, or baked items.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze blueberries.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A367 – BLUEBERRIES, FROZEN, CULTIVATED, IQF, 30 LB**



**Nutrition Information**

Blueberries, frozen, unsweetened

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better blueberries, unsweetened. Cultivated type, individually quick frozen (IQF).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>One 30 lb case AP yields about 89¼ cups thawed, ready-to-serve blueberries and provides about 357.0 ¼-cup servings thawed ready-to-serve blueberries.</li> <li>One lb AP yields 0.91 lb (about 2⅞ cups) thawed, ready-to-serve blueberries and provides about 11.9 ¼-cup servings thawed, ready-to-serve blueberries.</li> <li>CN Crediting: ¼ cup thawed, ready-to-serve blueberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen blueberries in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store opened frozen blueberries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	¼ cup (39 g)	½ cup (78 g)
Calories	20	40
Protein	0.16 g	0.33 g
Carbohydrate	4.72 g	9.43 g
Dietary Fiber	1.0 g	2.1 g
Sugars	3.27 g	6.55 g
Total Fat	0.25 g	0.50 g
Saturated Fat	0.02 g	0.04 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.07 mg	0.14 mg
Calcium	3 mg	6 mg
Sodium	0 mg	1 mg
Magnesium	0.06 mg	0.11 mg
Potassium	21 mg	42 mg
Vitamin A	1.0 RAE	2.0 RAE
Vitamin A	18 IU	36 IU
Vitamin C	1.0 mg	1.9 mg
Vitamin E	0.19 mg	0.37 mg

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### A367 – BLUEBERRIES, FROZEN, CULTIVATED, IQF, 30 LB

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Thawed blueberries can be used right from the case.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Drain frozen blueberries before serving.</li> <li>• Add frozen blueberries last to fruit salads or other mixtures so blueberries will not be crushed or discolor other fruits.</li> <li>• To lighten the color of blueberries and blueberry juice (to make it appear more red) add an acid such as lemon, grapefruit, or orange juice.</li> <li>• To avoid streaking of color through batter and dough in baking, coat frozen blueberries with flour or dry ingredients. Add to batter at once.</li> <li>• Serve thawed blueberries in fruit cups, salads, hot or cold cereals.</li> <li>• Use in recipes for jellied salads, pies, cobblers, pancakes, muffins, or baked items.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze blueberries.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A369 – BLACKBERRIES, MARION, FROZEN, IQF, 30 LB**



**Nutrition Information**

Blackberries, frozen, unsweetened

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better blackberries, unsweetened, individually quick frozen (IQF).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>One 30 lb AP case yields about 67½ cups thawed blackberries and provides about 270.0 ¼-cup servings thawed blackberries OR about 240.0 ¼-cup servings cooked blackberries.</li> <li>One lb AP yields about 2¼ cups thawed blackberries and provides about 9.0 ¼-cup servings thawed blackberries OR about 8.0 ¼-cup servings cooked blackberries.</li> <li>CN Crediting: ¼ cup thawed blackberries OR ¼ cup cooked blackberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen Marion blackberries at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store thawed blackberries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	¼ cup (38 g)	½ cup (76 g)
Calories	24	48
Protein	0.45 g	0.89 g
Carbohydrate	5.92 g	11.83 g
Dietary Fiber	1.9 g	3.8 g
Sugars	4.03 g	8.06 g
Total Fat	0.16 g	0.32 g
Saturated Fat	0.01 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.3 mg	0.6 mg
Calcium	11 mg	22 mg
Sodium	0 mg	1 mg
Magnesium	8 mg	17 mg
Potassium	53 mg	106 mg
Vitamin A	43 IU	86 IU
Vitamin A	2 RAE	5 RAE
Vitamin C	1.2 mg	2.3 mg
Vitamin E	0.44 mg	0.88 mg

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### A369 – BLACKBERRIES, MARION, FROZEN, IQF, 30 LB

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Drain thawed Marion blackberries before serving. Add berries last to fruit salads and other mixtures to avoid discoloring other fruits.</li> <li>• To lighten the color of the berries (to make it appear more red) add an acid such as lemon, grapefruit, or orange juice.</li> <li>• To avoid streaking of color through batter and dough in baking, coat Marion blackberries with flour or other dry ingredients and add to batter immediately.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve thawed Marion blackberries in fruit cups and salads.</li> <li>• Use in recipes for jellied salads, pies, cobblers, pancakes, muffins, quick breads, or other baked items.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze blackberries.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A372 – RASPBERRIES, RED, FROZEN, UNSWEETENED, IQF, 25 LB**



**Nutrition Information**

Raspberries, red, frozen

	¼ cup (63 g)	½ cup (125 g)
Calories	28	56
Protein	0.83 g	1.64 g
Carbohydrate	6.12 g	12.14 g
Dietary Fiber	1.6 g	3.2 g
Sugars	3.21 g	6.38 g
Total Fat	0.04 g	0.08 g
Saturated Fat	N/A	N/A
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.5 mg	1.1 mg
Calcium	8 mg	16 mg
Sodium	1 mg	2 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	57 IU	112 IU
Vitamin A	N/A	N/A
Vitamin C	9.6 mg	19.1 mg
Vitamin E	N/A	N/A

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A (except U.S. Grade B for character), unsweetened red raspberries, individually quick frozen (IQF).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>25 lb per case.</li> <li>One 25 lb case AP yields about 78½ cups ready-to-serve thawed, drained raspberries and provides about 312.5 ¼-cup servings thawed, drained fruit.</li> <li>One lb AP yields 1 lb (about 3 cups) ready-to-serve thawed, drained raspberries and provides about 12.5 ¼-cup servings thawed, drained fruit.</li> <li>CN Crediting: ¼ cup thawed raspberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen red raspberries at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store thawed berries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>For best results, thaw red raspberries at 40 °F to minimize oxidation. Promptly return any unused product to the refrigerator.</li> <li>Drain thawed red raspberries before serving. Add berries last to fruit salads and other mixtures to avoid discoloring of other ingredients. To avoid streaking of color through batter and dough in baking, coat red raspberries with flour or other dry ingredients and gently fold into mix just prior to baking.</li> </ul>

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### A372 – RASPBERRIES, RED, FROZEN, UNSWEETENED, IQF, 25 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve thawed raspberries in fruit cups and salads.</li> <li>• Use frozen raspberries in recipes, pies, cakes, cobblers, muffins, or other baked items.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze raspberries.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A373 – RASPBERRIES, RED, FROZEN, PUREE, 5.75 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Raspberry puree is produced from ripened raspberries with a tart flavor, free from fermentation and any off flavors or odors. The consistency is thick and smooth. The raspberry color is bright red to reddish purple. The pH range is 2.9-3.7.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/5.75 lb pkgs per case.</li> <li>One 5.75 lb pkg AP yields about 11 cups thawed raspberry puree and provides about 44.2 ¼-cup servings thawed fruit puree.</li> <li>One lb AP yields about 1⅞ cups thawed raspberry puree and provides about 7.69 ¼-cup servings thawed fruit puree.</li> <li>CN Crediting: ¼ cup thawed raspberry puree provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen red raspberry puree at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store thawed red raspberry puree covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Proper thawing is the key to product quality. For best results, thaw raspberry puree at 40 °F to minimize oxidation. Promptly return any unused product to the refrigerator.</li> <li>Thaw raspberry puree in the refrigerator and use within 5 days.</li> </ul>



**Nutrition Information**

Raspberries, red, puree

	¼ cup (61 g)	½ cup (121 g)
Calories	24	48
Protein	0.66 g	1.32 g
Carbohydrate	5.44 g	10.88 g
Dietary Fiber	1.8 g	3.7 g
Sugars	2.96 g	5.92 g
Total Fat	0.04 g	0.07 g
Saturated Fat	N/A	N/A
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.6 mg	1.3 mg
Calcium	9 mg	18 mg
Sodium	1 mg	2 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	41 IU	82 IU
Vitamin A	N/A	N/A
Vitamin C	2.6 mg	5.2 mg
Vitamin E	N/A	N/A

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### A373 – RASPBERRIES, RED, FROZEN, PUREE, 5.75 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use as a recipe ingredient for bakery products served at breakfast or lunch. May be used in fruit roll-ups or bars, cobblers, pastry fillings, gelatin salads, and desserts</li> <li>• Use as a flavoring for yogurt, fruit drinks, pudding, syrup for pancakes and French toast, cream cheese spread, dessert toppings and sauces, and salad dressings.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze raspberry puree.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A375 - STRAWBERRIES, FROZEN, WHOLE, UNSWEETENED, IQF,  
30 LB**



**Nutrition Information**

Strawberries, whole, thawed, unsweetened

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A (except U.S. Grade B character), medium sized, whole strawberries, individually quick frozen (IQF).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>One 30 lb case AP yields about 89¼ cups thawed, ready-to-serve, whole strawberries and provides about 357.0 ¼-cup servings thawed fruit.</li> <li>One lb AP yields 1 lb (about 2⅞ cups) thawed, ready-to-serve, whole strawberries and provides about 11.9 ¼-cup servings thawed fruit.</li> <li>CN Crediting: ¼ cup thawed, whole strawberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen strawberries at 0 °F or below, off the floor and away from the walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store opened thawed strawberries covered and labeled in dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Proper thawing is the key to product quality. For best results, thaw strawberries at 40 °F to minimize oxidation. Promptly return any unused product to the refrigerator.</li> <li>Add frozen berries as the last ingredient in fruit or gelatin salads to prevent crushing the berries or discoloring other fruits.</li> </ul>

	¼ cup (55 g)	½ cup (110 g)
Calories	19	39
Protein	0.24 g	0.48 g
Carbohydrate	5.04 g	10.09 g
Dietary Fiber	1.2 g	2.3 g
Sugars	2.52 g	5.04 g
Total Fat	0.06 g	0.12 g
Saturated Fat	0 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.41 mg	0.83 mg
Calcium	9 mg	18 mg
Sodium	1 mg	2 mg
Magnesium	6 mg	12 mg
Potassium	82 mg	164 mg
Vitamin A	25 IU	50 IU
Vitamin A	1 RAE	2 RAE
Vitamin C	22.8 mg	45.5 mg
Vitamin E	0.16 mg	0.32 mg

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 05-11-07)

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### A375 - STRAWBERRIES, FROZEN, WHOLE, UNSWEETENED, IQF, 30 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve thawed strawberries in fruit cups, salads, and over hot or cold cereals. Use in recipes for jellied salads, glazes, desserts, or other baked items.</li> <li>• Use as topping for ice cream, yogurt, puddings, shortcakes, pancakes, French toast, and preserves.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze strawberries.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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(last updated, 05-30-07)

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**A377 – BLACKBERRIES, MARION PUREE, 5.75 LB**



**Nutrition Information**

Blackberries, puree, unsweetened

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Blackberry puree is produced from ripened blackberries with a tart flavor and aroma, free from fermentation and any off flavors or odors. The consistency is thick and smooth. The blackberry color is bright reddish purple to dark purple. The pH range is 2.9-3.6.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/5.75 lb pkgs per case.</li> <li>One 5.75 lb case AP yields about 11 cups thawed blackberry puree and provides about 44.2 ¼-cup servings thawed blackberry puree.</li> <li>One lb AP yields 1 lb (about 1⅞ cups) thawed blackberry puree and provides about 7.7 ¼-cup servings thawed blackberry puree.</li> <li>CN Crediting: ¼ cup thawed blackberry puree provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen blackberries at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten life and speed deterioration.</li> <li>Store thawed blackberry puree covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Proper thawing is the key to product quality. For best results, thaw the product at 40 °F. Promptly return any unused product to the refrigerator.</li> </ul>

	¼ cup (61 g)	½ cup (121 g)
Calories	24	48
Protein	0.66 g	1.32 g
Carbohydrate	5.44 g	10.88 g
Dietary Fiber	1.8 g	3.7 g
Sugars	2.96 g	5.92 g
Total Fat	0.04 g	0.07 g
Saturated Fat	N/A	N/A
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.6 mg	1.3 mg
Calcium	9 mg	18 mg
Sodium	1 mg	2 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	41 IU	82 IU
Vitamin A	N/A	N/A
Vitamin C	2.6 mg	5.2 mg
Vitamin E	N/A	N/A

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(last updated, 05-30-07)

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### A377 – BLACKBERRIES, MARION PUREE, 5.75 lb

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Puree may be used as a recipe ingredient.</li> <li>• Use as a recipe ingredient for bakery products served at breakfast or lunch.</li> <li>• Use in fruit roll-ups or bars, cobblers, pastry fillings, gelatin salads, and desserts.</li> <li>• Use as a flavoring for yogurt, fruit drinks, pudding, syrup for pancakes and French toast, cream cheese spread, dessert toppings and sauces, and salad dressings.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135°F for 15 seconds.</li> <li>• Do not refreeze blackberry puree.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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(last updated, 04-26-07)

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**A379 – BLACKBERRIES, EVERGREEN, FROZEN, 30 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better blackberries, unsweetened, individually quick frozen (IQF).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb per case.</li> <li>One 30 lb case AP yields about 67½ cups thawed blackberries and provides about 270.0 ¼-cup servings thawed blackberries OR about 240.0 ¼-cup servings cooked fruit.</li> <li>One lb AP yields about 2¼ cups thawed blackberries and provides about 9.0 ¼-cup servings thawed blackberries OR about 8.0 ¼-cup servings cooked fruit.</li> <li>CN Crediting: ¼ cup thawed blackberries OR ¼ cup cooked blackberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened frozen blackberries at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Temperature changes shorten life and speed deterioration.</li> <li>Store thawed blackberries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Blackberries, frozen, unsweetened

	¼ cup (38 g)	½ cup (76 g)
Calories	24	48
Protein	0.45 g	0.89 g
Carbohydrate	5.92 g	11.83 g
Dietary Fiber	1.9 g	3.8 g
Sugars	4.03 g	8.06 g
Total Fat	0.16 g	0.32 g
Saturated Fat	0.01 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.3 mg	0.6 mg
Calcium	11 mg	22 mg
Sodium	0 mg	1 mg
Magnesium	8 mg	17 mg
Potassium	53 mg	106 mg
Vitamin A	43 IU	86 IU
Vitamin A	2 RAE	5 RAE
Vitamin C	1.2 mg	2.3 mg
Vitamin E	0.44 mg	0.88 mg

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(last updated, 04-26-07)

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### A379 – BLACKBERRIES, EVERGREEN, FROZEN, 30 LB

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Proper thawing is the key to product quality. For best results, thaw the product at 40 ° F. Promptly return any unused product to the refrigerator.</li> <li>• Drain thawed blackberries before serving. Add berries last to fruit salads and other mixtures to avoid discoloring other fruits.</li> <li>• To lighten the color of blackberries and blackberry juice (to make it appear more red) add an acid such as lemon, grapefruit, or orange juice.</li> <li>• To avoid streaking of color through batter and dough in baking, coat blackberries with flour or other dry ingredients and add to batter immediately.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve thawed blackberries in fruit cups and salads. Use in recipes for jellied salads, pies, cobblers, pancakes, muffins, quick breads, or other baked items.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze blackberries.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of Choice Plus Food Safety Supplement at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A380 - STRAWBERRIES, FROZEN, SLICED, SWEETENED, 30 LB**



**Nutrition Information**

Strawberries, sliced, sweetened, thawed

	¼ cup (64 g)	½ cup (128 g)
Calories	61	122
Protein	0.34 g	0.68 g
Carbohydrate	16.52 g	33.05 g
Dietary Fiber	1.2 g	2.4 g
Sugars	15.31 g	30.61 g
Total Fat	0.08 g	0.17 g
Saturated Fat	0 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.38 mg	0.75 mg
Calcium	7 mg	14 mg
Sodium	2 mg	4 mg
Magnesium	4 mg	9 mg
Potassium	62 mg	125 mg
Vitamin A	15 IU	31 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	26.4 mg	52.8 mg
Vitamin E	0.15 mg	0.29 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better sliced strawberries with sugar added. Fruit/sugar ratio is 4 to 1.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb case.</li> <li>One 30 lb case AP yields about 53¼ cups thawed, sliced strawberries and juice and provides about 213.0 ¼-cup servings thawed fruit and juice.</li> <li>One lb AP yields about 1¾ cups thawed, sliced strawberries and juice and provides about 7.10 ¼-cup servings thawed fruit and juice.</li> <li>CN Crediting: ¼ cup thawed, sliced strawberries and juice provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen strawberries at 0 °F or below, off the floor and away from the walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Opened strawberries may be stored in the refrigerator in a covered dated nonmetallic container for 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Proper thawing is the key to product quality. For best results, thaw strawberries at 40 °F to minimize oxidation. Promptly return any unused product to the refrigerator.</li> <li>Add frozen berries as the last ingredient in fruit or gelatin salads to prevent crushing the berries or discoloring other fruits.</li> </ul>

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(last updated, 05-11-07)

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### A380 - STRAWBERRIES, FROZEN, SLICED, SWEETENED, 30 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve thawed strawberries in fruit cups, salads, and over hot or cold cereals.</li> <li>• Use in recipes for jellied salads, glazes, desserts, or other baked items.</li> <li>• Also use as topping for ice cream, yogurt, puddings, shortcakes, pancakes, French toast, and preserves.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze strawberries.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A382 – APRICOTS, CANNED, DICED, PEELED, #10**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>• Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>• U.S. Grade B diced and peeled canned apricots packed in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>• 6/#10 cans per case.</li> <li>• Each can contains about 106 oz (11¾ cups) diced apricots and juice and provides about 47.1 ¼-cup servings diced apricots and juice.</li> <li>• CN Crediting: ¼ cup apricots and juice OR ¼ cup drained diced apricots provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>• Store unopened canned diced apricots in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>• Store opened canned apricots covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>• Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Apricots, diced, peeled, in light syrup

	¼ cup (63 g)	½ cup (126 g)
Calories	40	80
Protein	1 g	1 g
Carbohydrate	9.5 g	19 g
Dietary Fiber	0.5 g	1 g
Sugars	7 g	14 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0 mg	0 mg
Calcium	0 mg	0 mg
Sodium	5 mg	10 mg
Magnesium	N/A	N/A
Potassium	N/A	N/A
Vitamin A	875 IU	1750 IU
Vitamin A	N/A	N/A
Vitamin C	1.2 mg	2.4 mg
Vitamin E	N/A	N/A

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(last updated, 05-11-07)

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### A382 – APRICOTS, CANNED, DICED, PEELED, #10

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Diced apricots can be used right from the can, chilled or at room temperature</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use canned apricots in salads, as a dessert, chilled with juice, or baked as cobblers and crisps.</li> <li>• Serve apricots chilled with syrup or chilled and drained as part of fruit salads or with cottage cheese. Combine with other fresh, canned, or frozen fruits for fruit cups or compotes.</li> <li>• Serve drained and heated or at room temperature as a garnish for main dishes.</li> <li>• Use as directed in recipes specifying apricots.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A387 – BLUEBERRIES, FROZEN, WILD, IQF, 3 LB**



**Nutrition Information**

Blueberries, wild, frozen, unsweetened

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better blueberries, unsweetened. Native type (wild), individually quick frozen (IQF).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>8/3 lb pkgs per case.</li> <li>One 24 lb case AP yields about 69 cups thawed, ready-to-serve blueberries and provides about 285.6 ¼-cup servings thawed ready-to-serve fruit.</li> <li>One 3 lb pkg AP yields about 8<sup>5</sup>/<sub>8</sub> cups thawed, ready-to-serve blueberries and provides about 35.7 ¼-cup servings thawed ready-to-serve fruit.</li> <li>One lb AP yields 0.91 lb (about 2<sup>7</sup>/<sub>8</sub> cups) thawed, ready-to-serve blueberries and provides about 11.9 ¼-cup servings thawed, ready-to-serve fruit.</li> <li>CN Crediting: ¼ cup thawed, ready-to-serve blueberries provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen blueberries in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store opened frozen blueberries covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	¼ cup (39 g)	½ cup (78 g)
Calories	17	34
Protein	0.28 g	0.55 g
Carbohydrate	4.06 g	8.11 g
Dietary Fiber	1.0 g	2.1 g
Sugars	3.27 g	6.55 g
Total Fat	0 g	0 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.43 mg	0.86 mg
Calcium	6 mg	12 mg
Sodium	0 mg	1 mg
Magnesium	2 mg	4 mg
Potassium	21 mg	42 mg
Vitamin A	1.0 RAE	2.0 RAE
Vitamin A	64 IU	127 IU
Vitamin C	0.8 mg	1.7 mg
Vitamin E	0.19 mg	0.37 mg

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(last updated, 12-12-08)

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### A387 – BLUEBERRIES, FROZEN, WILD, IQF, 3 LB

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Thawed blueberries can be used right from the case.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Drain thawed blueberries before serving.</li> <li>• Add frozen blueberries last to fruit salads or other mixtures so blueberries will not be crushed or discolor other fruits.</li> <li>• To lighten the color of blueberries and blueberry juice (to make it appear more red) add an acid such as lemon, grapefruit, or orange juice.</li> <li>• To avoid streaking of color through batter and dough in baking, coat frozen blueberries with flour or dry ingredients. Add to batter at once.</li> <li>• Serve thawed blueberries in fruit cups, salads, hot or cold cereals.</li> <li>• Use in recipes for jellied salads, pies, cobblers, pancakes, muffins, or baked items.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze blueberries.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A405 – LEMONS, FRESH, CASE**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade 2 or better fresh lemons; size, variety, and case weight will vary.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>34-39 lb case. Each case contains a count of 115-165 lemons.</li> <li>One lb AP yields 0.43 lb (about ¾ cup) lemon juice and provides about 3.1 ¼-cup servings lemon juice.</li> <li>CN Crediting: ¼ cup lemon juice provides ¼ cup fruit juice.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Do not store lemons in plastic bags or film-wrapped trays because moisture drops may form between the film and peel, promoting mold growth. Store lemons loosely in refrigerator at 35-50 °F.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Wash lemons thoroughly before using.</li> </ul>

**Nutrition Information**

<sup>1</sup>Lemon juice, raw

<sup>2</sup>Lemon, raw, without peel (2½" diameter)

	¼ cup <sup>1</sup> (61 g)	1 fruit <sup>2</sup> (47 g)
Calories	15	17
Protein	0.23 g	0.64 g
Carbohydrate	5.26 g	5.41 g
Dietary Fiber	0.2 g	1.6 g
Sugars	1.46 g	1.45 g
Total Fat	0.00 g	0.17 g
Saturated Fat	0.00 g	0.02 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.02 mg	0.35 mg
Calcium	4 mg	15 mg
Sodium	1 mg	1 mg
Magnesium	4 mg	5 mg
Potassium	76 mg	80 mg
Vitamin A	12 IU	13 IU
Vitamin A	1 RAE	1 RAE
Vitamin C	28.1 mg	30.7 mg
Vitamin E	0.09 mg	0.09 mg

## USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions

(last updated, 12-07-06)

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### A405 – LEMONS, FRESH, CASE

<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>Lemons, because of their distinctive flavor, are great flavorings in pies, puddings, cookies, and cakes. They are also flavorful and attractive when quartered or sliced for garnishes accompanying fish, meats, and vegetables. The squeezed juice, when sweetened, makes an excellent fresh lemonade beverage. Lemon juice can easily be substituted for vinegar in salad dressing recipes.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>Wash lemons thoroughly before using.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A408 – PEACHES, CANNED, CLINGSTONE, SLICED, #10**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better. Canned sliced peaches; yellow clingstone. May be packed with fruit juice or light syrup. Sugar or similar sweetener, such as corn syrup, may be added.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 105 oz (12½ cups) sliced peaches and juice.</li> <li>One #10 can AP yields about 72 oz (9 cups) drained, sliced peaches and provides about 36.1 ¼-cup servings drained, sliced peaches OR about 50.0 ¼-cup servings fruit and juice.</li> <li>CN Crediting: ¼ cup sliced peaches and juice OR ¼ cup drained, sliced peaches provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned sliced peaches in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned sliced peaches covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Peaches, sliced, light syrup, fruit and juice

	¼ cup (63 g)	½ cup (126 g)
Calories	34	68
Protein	0.28 g	0.56 g
Carbohydrate	9.13 g	18.26 g
Dietary Fiber	0.8 g	1.6 g
Sugars	8.31 g	16.63 g
Total Fat	0.02 g	0.04 g
Saturated Fat	0.00 g	0.00 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.23 mg	0.45 mg
Calcium	2 mg	4 mg
Sodium	3 mg	6 mg
Magnesium	3 mg	6 mg
Potassium	61 mg	122 mg
Vitamin A	11 IU	23 IU
Vitamin A	222 RAE	444 RAE
Vitamin C	1.5 mg	3 mg
Vitamin E	0.31 mg	0.61 mg

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### A408 – PEACHES, CANNED, CLINGSTONE, SLICED, #10

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Sliced peaches can be used right from the can, chilled or at room temperature.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve canned peaches chilled in their own juices, or chilled and drained as part of fruit salad, or with cottage cheese.</li> <li>• Combine with other fresh, canned, or frozen fruit for fruit cups or compotes.</li> <li>• Add peaches to gelatin.</li> <li>• Serve peaches heated as a garnish for main dishes. Use as directed in recipes specifying peaches.</li> <li>• Serve canned peaches chilled or use in recipes for main dishes, breads, cakes, cookies, or desserts.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A409 – PEACHES, CANNED, CLINGSTONE, DICED, #10**



**Nutrition Information**

Peaches, diced, light syrup, fruit and juice

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better. Canned diced peaches; yellow clingstone. May be packed with fruit juice or light syrup. Sugar or similar sweetener, such as corn syrup, may be added.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz (12<math>\frac{1}{8}</math> cups) diced peaches and juice.</li> <li>One #10 can AP yields about 79 oz (8<math>\frac{3}{4}</math> cups) drained, diced peaches and provides about 35.4 <math>\frac{1}{4}</math>-cup servings drained, diced peaches OR about 48.6 <math>\frac{1}{4}</math>-cup servings of fruit and juice.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup diced peaches and juice OR <math>\frac{1}{4}</math> cup drained, diced peaches provides <math>\frac{1}{4}</math> cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned diced peaches in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned diced peaches covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	$\frac{1}{4}$ cup (63 g)	$\frac{1}{2}$ cup (126 g)
Calories	34	68
Protein	0.28 g	0.56 g
Carbohydrate	9.13 g	18.26 g
Dietary Fiber	0.8 g	1.6 g
Sugars	8.31 g	16.63 g
Total Fat	0.02 g	0.04 g
Saturated Fat	0 g	0 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.23 mg	0.45 mg
Calcium	2 mg	4 mg
Sodium	3 mg	6 mg
Magnesium	3 mg	6 mg
Potassium	61 mg	122 mg
Vitamin A	11 IU	23 IU
Vitamin A	222 RAE	444 RAE
Vitamin C	1.5 mg	3 mg
Vitamin E	0.31 mg	0.61 mg

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### A409 – PEACHES, CANNED, CLINGSTONE, DICED, #10

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Diced peaches can be used right from the can, chilled or at room temperature.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve canned peaches chilled in their own juices, or chilled and drained as part of fruit salad, or with cottage cheese.</li> <li>• Combine with other fresh, canned, or frozen fruit for fruit cups or compotes.</li> <li>• Add peaches to gelatin.</li> <li>• Serve peaches heated as a garnish for main dishes. Use as directed in recipes specifying peaches.</li> <li>• Serve canned peaches chilled or use in recipes for main dishes, breads, cakes, cookies, or desserts.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A416 - PEACHES, FROZEN, FREESTONE, DICED,  
SINGLE SERVE, 4.4 OZ UNITS**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Diced yellow freestone peaches packed in individual serving cups.</li> <li>Grade B or better, cut 3/8 to 1/2 inch. May be packed in corn syrup, sugar, juice or syrup composed of peach puree and sugar (4 + 1). Ascorbic or citric acid is also added.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>96/4.4 oz units per case. Each unit contains 4.4 oz frozen diced peaches and juice.</li> <li>One 4.4 oz unit provides 1/2 cup thawed diced peaches and juice.</li> <li>CN Crediting: One 4.4 oz unit diced peaches and juice provides 1/2 cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen peach cups in freezer at 0 °F or below, off the floor and away from walls to allow circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten shelf life and speed deterioration.</li> <li>Do not refreeze peach cups once thawed.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Peaches, frozen, sliced/diced

	1/2 cup (125 g)
Calories	118
Protein	0.79 g
Carbohydrate	29.98 g
Dietary Fiber	2.2 g
Sugars	27.73 g
Total Fat	0.16 g
Saturated Fat	0.01 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.46 mg
Calcium	4 mg
Sodium	8 mg
Magnesium	6 mg
Potassium	162 mg
Vitamin A	355 IU
Vitamin A	18 RAE
Vitamin C	117.8 mg
Vitamin E	0.78 mg

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### A416 - PEACHES, FROZEN, FREESTONE, DICED, SINGLE SERVE, 4.4 OZ UNITS

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Thaw unopened cups of peaches overnight in the refrigerator, spacing containers on shelves for good air circulation.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Peach cups are ready to thaw and serve as a fruit, as a topping for pancakes, or as a snack.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Do not refreeze peaches.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A417 - STRAWBERRIES, FROZEN, DICED,  
SINGLE SERVE, 4.5 OZ**



**Nutrition Information**

Strawberries, sliced/diced, thawed, sweetened

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Diced Grade A strawberries packed in individual serving cups.</li> <li>May be packed 9 + 1 by weight, fruit to packing media ratio, where the packing media is dry sugar or 5.5 + 1 by weight fruit to packing media ratio; where the packing media is a 45° Brix syrup composed of strawberry puree and dry or liquid sugar.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>96/4.5 oz units per case.</li> <li>One 4.5 oz unit provides ½ cup thawed, diced strawberries and juice.</li> <li>CN Crediting: One 4.5 oz unit thawed, diced strawberries provides ½ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen strawberries at 0 °F or below, off the floor and away from the walls to allow for circulation of cold air. Stack packages tightly to prevent temperature fluctuations. Temperature changes shorten shelf life and speed deterioration.</li> <li>Do not refreeze after thawing.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	½ cup (128 g)
Calories	122
Protein	0.68 g
Carbohydrate	33.05 g
Dietary Fiber	2.4 g
Sugars	30.61 g
Total Fat	0.17 g
Saturated Fat	0.01 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.75 mg
Calcium	14 mg
Sodium	4 mg
Magnesium	9 mg
Potassium	125 mg
Vitamin A	31 IU
Vitamin A	1 RAE
Vitamin C	52.8 mg
Vitamin E	0.29 mg

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### A417 - STRAWBERRIES, FROZEN, DICED, SINGLE SERVE, 4.5 OZ

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Thaw unopened cups of strawberries overnight in the refrigerator, spacing containers on shelves for good air circulation. Once thawed, do not refreeze.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Strawberries are ready to thaw and serve as a fruit, as a topping for pancakes, or as a snack.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Do not refreeze strawberries.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A424 – PEACHES, FROZEN, FREESTONE, SLICED, 20 LB**



**Nutrition Information**

Peaches, sweetened, sliced, thawed

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A frozen, sliced Freestone peaches; firm ripe but may include 20 percent soft ripe fruit; no mushy peaches allowed. Peaches are packed in fruit syrup composed of peach puree, dry sugar, ascorbic acid, and citric acid.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>20 lb case with plastic bag.</li> <li>One 20 lb case AP yields about 27½ cups thawed, drained, sliced peaches and provides about 109.3 ¼-cup servings thawed, drained, sliced peaches OR about 147.4 ¼-cup servings thawed fruit and juice OR about 142.0 ¼-cup servings cooked fruit.</li> <li>One lb AP yields 0.97 lb (about 1⅓ cups) thawed, drained, sliced peaches and provides about 5.46 ¼-cup servings thawed, drained, sliced peaches OR about 7.34 ¼-cup servings thawed, sliced peaches and juice OR about 7.10 ¼-cup servings cooked fruit.</li> <li>CN Crediting: ¼ cup thawed, sliced peaches and juice OR ¼ cup thawed, drained sliced peaches OR ¼ cup cooked peaches provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen peaches in the freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Store opened frozen peaches covered and labeled in a dated nonmetallic container under refrigeration and use within 2 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	¼ cup (63 g)	½ cup (125 g)
Calories	59	118
Protein	0.39 g	0.79 g
Carbohydrate	14.99 g	29.98 g
Dietary Fiber	1.1 g	2.2 g
Sugars	13.86 g	27.73 g
Total Fat	0.08 g	0.16 g
Saturated Fat	0.01 g	0.02 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.23 mg	0.46 mg
Calcium	2 mg	4 mg
Sodium	4 mg	8 mg
Magnesium	3 mg	6 mg
Potassium	81 mg	162 mg
Vitamin A	9 RAE	18 RAE
Vitamin A	178 IU	355 IU
Vitamin C	58.9 mg	118 mg
Vitamin E	0.39 mg	0.78 mg

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### A424 – PEACHES, FROZEN, FREESTONE, SLICED, 20 LB

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Thawed peaches can be used right from the case.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve sliced Freestone peaches thawed, alone, as a fruit or in mixed fruit dishes or salads.</li> <li>• Use in recipes for cobbler, turnovers, pies, or serve as topping on cakes or frozen yogurt.</li> <li>• Add to fruit salads or use in recipes for baked products.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze peaches.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A431 – PEARS, CANNED, BARTLETT, HALVES, #10**



**Nutrition Information**

Pears, halves, light syrup, fruit and juice

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better. Bartlett canned pears; natural flavor packed in unsweetened fruit juice, unsweetened fruit juice from concentrate, light syrup, lightly sweetened fruit juice(s) and water, lightly sweetened fruit juices, or unsweetened pear juice.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 105 oz (13 cups) pear halves and juice.</li> <li>One #10 can AP yields about 62 oz (7¾ cups) drained pear halves and provides about 31.0 ¼-cup servings drained pear halves OR about 52.0 ¼-cup servings of fruit and juice.</li> <li>CN Crediting: ¼ cup fruit and juice (about one pear half and juice) provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned pear halves in a cool, dry place. Never put canned goods above the stove, under the sink, in a damp storage area, or any place exposed to high or low temperature extremes.</li> <li>Store opened canned pear halves covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>Pear halves can be used right from the can, chilled, or at room temperature.</li> </ul>

	¼ cup 1 half (76 g)	½ cup 2 halves (152 g)
Calories	43	87
Protein	0.14 g	0.29 g
Carbohydrate	11.53 g	23.06 g
Dietary Fiber	1.2 g	2 g
Sugars	9.2 g	18.39 g
Total Fat	0.02 g	0.05 g
Saturated Fat	0.00 g	0.00 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.21 mg	0.43 mg
Calcium	4 mg	8 mg
Sodium	4 mg	8 mg
Magnesium	3 mg	5 mg
Potassium	50 mg	863 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.5 mg	1.1 mg
Vitamin E	0.06 mg	0.1 mg

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### A431 – PEARS, CANNED, BARTLETT, HALVES, #10

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve canned pears chilled for breakfast, alone or over cereal. Also use in salads or gelatin as a dessert.</li> <li>• Use in recipes for main dishes, breads, or in desserts such as cobblers and crisps.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>Best If Used By Guidance</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

**USDA Commodity Food Fact Sheet for Schools & Child Nutrition Institutions**

(last updated, 07-23-07)

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**A433 – PEARS, CANNED, BARTLETT, SLICED, #10**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better. Bartlett canned sliced pears; natural flavor packed in unsweetened fruit juice, unsweetened fruit juice from concentrate, light syrup, lightly sweetened fruit juice(s) and water, lightly sweetened fruit juices, or unsweetened pear juice.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 105 oz (about 12<sup>3</sup>/<sub>8</sub> cups) sliced pears and juice.</li> <li>One #10 can AP yields about 59.6 oz (7<sup>3</sup>/<sub>8</sub> cups) drained pears and provides about 29.5 1/4-cup servings drained, sliced pears OR about 49.7 1/4-cup servings fruit and juice.</li> <li>CN Crediting: 1/4 cup sliced pears and juice OR 1/4 cup drained, sliced pears provides 1/4 cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned sliced pears in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned sliced pears covered and labeled in a dated nonmetallic container under refrigeration and use within 5 to 7 days.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Pears, sliced, juice pack, fruit and juice

	1/4 cup (62 g)	1/2 cup (124 g)
Calories	31	62
Protein	0.21 g	0.42 g
Carbohydrate	8.02 g	16.05 g
Dietary Fiber	1.0 g	2.0 g
Sugars	6.01 g	12.02 g
Total Fat	0.04 g	0.09 g
Trans Fat	0 g	0 g
Saturated Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.18 mg	0.36 mg
Calcium	6 mg	11 mg
Sodium	2 mg	5 mg
Magnesium	4 mg	9 mg
Potassium	60 mg	119 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	1.0 mg	2.0 mg
Vitamin E	N/A	N/A

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### A433 – PEARS, CANNED, BARTLETT, SLICED, #10

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Sliced pears can be used right from the can, chilled, or at room temperature.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve canned pears chilled for breakfast, alone or over cereal. Also use in salads or gelatin as a dessert.</li> <li>• Use in recipes for main dishes, breads, or in desserts such as cobblers and crisps.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A434 – PEARS, CANNED, BARTLETT, DICED, #10**



**Nutrition Information**

Pears, light syrup, fruit and juice

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A. Bartlett canned diced pears; natural flavor; packed in unsweetened fruit juice, unsweetened fruit juice from concentrate, light syrup, lightly sweetened fruit juice(s) and water, lightly sweetened fruit juices, or unsweetened pear juice.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz (11<sup>7</sup>/<sub>8</sub> cups) diced pears and juice.</li> <li>One #10 can AP yields about 66 oz (9<sup>1</sup>/<sub>2</sub> cups) drained, diced pears and provides about 38.0 <sup>1</sup>/<sub>4</sub>-cup servings drained, diced pears OR about 47.6 <sup>1</sup>/<sub>4</sub>-cup servings fruit and juice.</li> <li>CN Crediting: <sup>1</sup>/<sub>4</sub> cup diced pears and juice OR <sup>1</sup>/<sub>4</sub> cup drained, diced pears provides <sup>1</sup>/<sub>4</sub> cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned diced pears in a cool, dry place. Never put canned goods above the stove, under the sink, in a damp storage area, or any place exposed to high or low temperature extremes.</li> <li>Store opened canned diced pears covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>Diced pears can be used right from the can, chilled, or at room temperature.</li> </ul>

	<sup>1</sup> / <sub>4</sub> cup (63 g)	<sup>1</sup> / <sub>2</sub> cup (126 g)
Calories	36	72
Protein	0.12 g	0.24 g
Carbohydrate	9.52 g	19.04 g
Dietary Fiber	1 g	2 g
Sugars	7.59 g	15.19 g
Total Fat	0.02 g	0.04 g
Saturated Fat	0 g	0 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.18 mg	0.35 mg
Calcium	3 mg	6 mg
Sodium	3 mg	6 mg
Magnesium	3 mg	5 mg
Potassium	41 mg	83 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.4 mg	0.9 mg
Vitamin E	0.05 mg	0.10 mg

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### A434 – PEARS, CANNED, BARTLETT, DICED, #10

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve canned pears chilled for breakfast, alone or over cereal. Also use in salads or gelatin as a dessert.</li> <li>• Use in recipes for main dishes, breads, or in desserts such as cobblers and crisps.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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(last updated, 01-30-09)

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**A435 – PEARS, FRESH, BARTLETT, WHOLE, CASE**



**Nutrition Information**

Pear, whole, raw

	1 medium (166 g)
Calories	96
Protein	0.63 g
Carbohydrate	25.66 g
Dietary Fiber	5.1 g
Sugars	16.27 g
Total Fat	0.20 g
Saturated Fat	0.01 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.28 mg
Calcium	15 mg
Sodium	2 mg
Magnesium	12 mg
Potassium	198 mg
Vitamin A	38 IU
Vitamin A	2 RAE
Vitamin C	7.0 mg
Vitamin E	0.20 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade 2 or better. Fresh pears, Bartlett variety. The Bartlett pear has the traditional bell shape and has that classic “pear flavor.”</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>45 lb case. Each case contains a count of 100 pears.</li> <li>One lb AP yields 0.94 lb (about 3 cups) ready-to-cook or serve raw, cored, wedged pear and provides about 12.0 ¼-cup servings (about ¼ pear) raw pear OR provides about 2.29 1¼-cup servings (1 whole pear) fruit.</li> <li>CN Crediting: ¼ pear provides ¼ cup fruit. 1 whole pear provides 1¼ cups fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>The best storage temperature for pears is 32 to 35 °F (although 32 °F is acceptable) with a relative humidity of 90-95 percent. Keep pears in a well-ventilated area away from walls. The length of time pears can be stored depends on the variety and the district where they are grown, as well as the condition when harvested.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Ripen fruit in original containers at 65 to 70 °F and, if possible, 90-95% relative humidity. Indications of being ripe are a yellow skin color, pear aroma, and flesh that gives to gentle palm pressure.</li> <li>Handle fresh pears gently to prevent bruising. Rinse in cool water and dry before serving. To prevent cut pears from browning, dip in a lemon juice and water mixture.</li> </ul>

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(last updated, 01-30-09)

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### A435 – PEARS, FRESH, BARTLETT, WHOLE, CASE

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve fresh pears whole or sliced and use in salads or desserts. Serve baked or as a garnish for main dishes. Use diced fresh pears in stuffing for fish, pork, poultry, or broiled with hamburgers. Add sliced pears to fresh fruit salad.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Wash pears thoroughly before using.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A441 – PEARS, FRESH, D'ANJOU, WHOLE, CASE**



**Nutrition Information**

Pear, whole, raw

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade 2 or better. Fresh pears, D'Anjou winter variety.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>45 lb case. Each case contains a count of 100 pears.</li> <li>One lb AP yields 0.94 lb (about 3 cups) ready-to-cook or serve raw, cored, wedged pear and provides about 12.0 ¼-cup servings (about ¼ pear) raw pear OR provides about 2.29 1¼-cup servings (1 whole pear) fruit.</li> <li>CN Crediting: ¼ pear provides ¼ cup fruit. 1 whole pear provides 1¼ cups fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>The best storage temperature for pears is 32 to 35 °F (although 32 °F is acceptable) with a relative humidity of 90-95%. Keep pears in a well-ventilated area away from walls. The length of time pears can be stored depends on the variety and the district where they are grown, as well as the condition when harvested.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

	1 medium (166 g)
Calories	96
Protein	0.63 g
Carbohydrate	25.66 g
Dietary Fiber	5.1 g
Sugars	16.27 g
Total Fat	0.20 g
Saturated Fat	0.01 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.28 mg
Calcium	15 mg
Sodium	2 mg
Magnesium	12 mg
Potassium	198 mg
Vitamin A	38 IU
Vitamin A	2 RAE
Vitamin C	7.0 mg
Vitamin E	0.20 mg

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### A441 – PEARS, FRESH, D'ANJOU, WHOLE, CASE

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• Ripen fruit in original containers at 65 to 70 °F and, if possible, 90-95% relative humidity. Indications of being ripe are a yellow skin color, pear aroma, and flesh that gives to gentle palm pressure.</li> <li>• Handle fresh pears gently to prevent bruising. Rinse in cool water and dry before serving. To prevent cut pears from browning, dip in a lemon juice and water mixture.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve fresh pears whole or sliced and use in salads or desserts. Serve baked or as a garnish for main dishes. Use diced fresh pears in stuffing for fish, pork, poultry or broiled with hamburgers. Add sliced pears to fresh fruit salad.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Wash pears thoroughly before using.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A442 – PEARS, FRESH, BOSC, WHOLE, CASE**



**Nutrition Information**

Pear, whole, raw

	1 medium (166 g)
Calories	96
Protein	0.63 g
Carbohydrate	25.66 g
Dietary Fiber	5.1 g
Sugars	16.27 g
Total Fat	0.20 g
Saturated Fat	0.01 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.28 mg
Calcium	15 mg
Sodium	2 mg
Magnesium	12 mg
Potassium	198 mg
Vitamin A	38 IU
Vitamin A	2 RAE
Vitamin C	7.0 mg
Vitamin E	0.20 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade 2 or better. Fresh pears, Bosc winter variety.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>45 lb case. Each case contains a count of 100 pears.</li> <li>One lb AP yields 0.94 lb (about 3 cups) ready-to-cook or serve raw, cored, wedged pear and provides about 12.0 ¼-cup servings (about ¼ pear) raw pear OR provides about 2.29 1¼-cup servings (1 whole pear) fruit.</li> <li>CN Crediting: ¼ pear provides ¼ cup fruit. 1 whole pear provides 1¼ cups fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>The best storage temperature for pears is 32 to 35 °F (although 32 °F is acceptable) with a relative humidity of 90-95 percent. Keep pears in a well-ventilated area away from walls. The length of time pears can be stored depends on the variety and the district where they are grown, as well as the condition when harvested.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Ripen fruit in original containers at 65 to 70 °F and, if possible, 90-95% relative humidity. Indications of being ripe are a yellow skin color, pear aroma, and flesh that gives to gentle palm pressure.</li> <li>Handle fresh pears gently to prevent bruising. Rinse in cool water and dry before serving. To prevent cut pears from browning, dip in a lemon juice and water mixture.</li> </ul>

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### A442 – PEARS, FRESH, BOSC, WHOLE, CASE

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve fresh pears whole or sliced and use in salads or desserts. Serve baked or as a garnish for main dishes. Use diced fresh pears in stuffing for fish, pork, poultry, or broiled with hamburgers. Add sliced pears to fresh fruit salad.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Wash pears thoroughly before using.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A443 – PINEAPPLE, CANNED, TIDBITS, #10**



**Nutrition Information**

Pineapple, light syrup pack, solids and liquids

	¼ cup (63 g)	½ cup (128 g)
Calories	33	66
Protein	0.23 g	0.45 g
Carbohydrate	8.47 g	16.95 g
Dietary Fiber	0.5 g	1.0 g
Sugars	7.97 g	15.94 g
Total Fat	0.08 g	0.15 g
Saturated Fat	0.01 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.25 mg	0.49 mg
Calcium	9 mg	18 mg
Sodium	1 mg	1 mg
Magnesium	10 mg	20 mg
Potassium	66 mg	132 mg
Vitamin A	24 IU	48 IU
Vitamin A	1 RAE	3 RAE
Vitamin C	4.7 mg	9.4 mg
Vitamin E	0.01 mg	0.01 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B canned pineapple tidbits with light syrup and/or pineapple juice.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz (12 cups) pineapple tidbits and juice.</li> <li>One #10 can AP yields about 67.3 oz (8¼ cups) drained pineapple tidbits and provides about 33.4 ¼-cup servings drained pineapple tidbits OR about 50.1 ¼-cup servings fruit and juice.</li> <li>CN Crediting: ¼ cup pineapple tidbits and juice or ¼ cup drained pineapple tidbits provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned pineapple in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of pineapple covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

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### A443 – PINEAPPLE, CANNED, TIDBITS, #10

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Pineapple can be used right from the can, chilled, or at room temperature.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve pineapple chilled with juices or syrup or chilled and drained as part of fruit salads or to garnish cottage cheese.</li> <li>• Combine with other canned, fresh, or frozen fruit for fruit cups or compotes.</li> <li>• Serve heated or at room temperature as a garnish for main dishes.</li> <li>• Use as directed in recipes specifying pineapple.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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(last updated, 05-11-07)

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**A444 – PINEAPPLE, CANNED, CRUSHED, #10**



**Nutrition Information**

Pineapple, light syrup pack, solids and liquids

	¼ cup (63 g)	½ cup (126 g)
Calories	33	66
Protein	0.23 g	0.45 g
Carbohydrate	8.47 g	16.95 g
Dietary Fiber	0.5 g	1.0 g
Sugars	7.97 g	15.94 g
Total Fat	0.08 g	0.15 g
Saturated Fat	0.01 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.25 mg	0.49 mg
Calcium	9 mg	18 mg
Sodium	1 mg	1 mg
Magnesium	10 mg	20 mg
Potassium	66 mg	132 mg
Vitamin A	24 IU	48 IU
Vitamin A	1 RAE	3 RAE
Vitamin C	4.7 mg	9.4 mg
Vitamin E	0.01 mg	0.01 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A canned crushed pineapple with light syrup and/or pineapple juice.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz (12<sup>3</sup>/<sub>8</sub> cups) crushed pineapple and juice.</li> <li>One #10 AP can yields about 75.6 oz (9 cups) drained, crushed pineapple and provides about 36.1 ¼-cup servings drained, crushed pineapple OR about 49.5 ¼-cup servings fruit and juice.</li> <li>CN Crediting: ¼ cup crushed pineapple and juice or ¼ cup drained, crushed pineapple provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned pineapple in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of pineapple covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>Pineapple can be used right from the can, chilled, or at room temperature.</li> </ul>

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### A444 – PINEAPPLE, CANNED, CRUSHED, #10

<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve pineapple chilled with juices or syrup or chilled and drained as part of fruit salads or to garnish cottage cheese.</li> <li>• Combine with other canned, fresh, or frozen fruit for fruit cups or compotes.</li> <li>• Serve heated or at room temperature as a garnish for main dishes.</li> <li>• Use as directed in recipes specifying pineapple.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A447 – APRICOTS, FROZEN, SLICED, 40 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade A apricots, frozen, sliced, and packed in syrup at a ratio of 5+1 fruit to sugar. Ascorbic and citric acid may be added.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>40 lb case containing a vacuum sealed plastic bag.</li> <li>One 40 lb case AP yields about 48¼ cups thawed, drained, sliced apricots and provides about 192.8 ¼-cup servings thawed, drained, sliced apricots OR about 285.2 ¼-cup servings thawed, fruit and juice.</li> <li>One lb AP yields 0.63 lb (about 1⅛ cups) ready to serve, thawed, drained, sliced apricots and provides about 4.91 ¼-cup servings thawed, drained sliced apricots OR about 7.26 ¼-cup servings thawed fruit and juice.</li> <li>CN Crediting: ¼ cup thawed, sliced apricots with juice OR ¼ cup thawed, drained, sliced apricots provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen apricots in freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air.</li> <li>Temperature changes shorten shelf life and speed deterioration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>To ensure that the frozen apricots do not turn brown, thaw in the plastic vacuum-sealed bags. Serve some, if not all, of the juice on and around the apricots.</li> </ul>



**Nutrition Information**

Apricots, frozen, sweetened

	¼ cup (61 g)	½ cup (121 g)
Calories	59	119
Protein	0.42 g	0.85 g
Carbohydrate	15.19 g	30.37 g
Dietary Fiber	1.3 g	2.7 g
Sugars	N/A	N/A
Total Fat	0.06 g	0.12 g
Saturated Fat	0.0 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.54 mg	1.09 mg
Calcium	6 mg	12 mg
Sodium	2 mg	5 mg
Magnesium	5 mg	11 mg
Potassium	139 mg	277 mg
Vitamin A	1016 IU	2033 IU
Vitamin A	51 RAE	102 RAE
Vitamin C	5.4 mg	10.9 mg
Vitamin E	N/A	N/A

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### A447 – APRICOTS, FROZEN, SLICED, 40 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve apricots chilled with syrup or chilled and drained as part of fruit salads or with cottage cheese. Combine with other fresh, canned, or frozen fruits for fruit cups or compotes.</li> <li>• Serve drained and heated or at room temperature as a garnish for main dishes.</li> <li>• Use as directed in recipes specifying apricots.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Cook frozen fruits and vegetables that are going to be held on a steam table or in a hot box to 135 °F for 15 seconds.</li> <li>• Do not refreeze apricots.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A448 – PINEAPPLE, CANNED, CHUNKS, #10**



**Nutrition Information**

Pineapple, light syrup pack, solids and liquids

	¼ cup (63 g)	½ cup (126 g)
Calories	33	66
Protein	0.23 g	0.45 g
Carbohydrate	8.47 g	16.95 g
Dietary Fiber	0.5 g	1.0 g
Sugars	7.97 g	15.94 g
Total Fat	0.08 g	0.15 g
Saturated Fat	0.01 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.25 mg	0.49 mg
Calcium	9 mg	18 mg
Sodium	1 mg	1 mg
Magnesium	10 mg	20 mg
Potassium	66 mg	132 mg
Vitamin A	24 IU	48 IU
Vitamin A	1 RAE	3 RAE
Vitamin C	4.7 mg	9.4 mg
Vitamin E	0.01 mg	0.01 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B canned pineapple chunks with light syrup and/or pineapple juice.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz (12<sup>3</sup>/<sub>8</sub> cups) pineapple chunks and juice.</li> <li>One #10 can AP yields about 64.6 oz (8 cups) drained pineapple chunks and provides about 31.8 ¼-cup servings drained pineapple chunks OR about 49.9 ¼-cup servings of fruit and juice.</li> <li>CN Crediting: ¼ cup pineapple chunks and juice or ¼ cup drained pineapple chunks provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned pineapple in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened can of pineapple covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>Pineapple can be used right from the can, chilled, or at room temperature.</li> </ul>

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### A448 – PINEAPPLE, CANNED, CHUNKS, #10

<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve pineapple chilled with juices or syrup or chilled and drained as part of fruit salads or to garnish cottage cheese.</li> <li>• Combine with other canned, fresh, or frozen fruit for fruit cups or compotes.</li> <li>• Serve heated or at room temperature as a garnish for main dishes.</li> <li>• Use as directed in recipes specifying pineapple.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Can linings might discolor or corrode when metal reacts with high-acid foods such as tomatoes or pineapple. As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A449 – APRICOTS, FROZEN, SLICED, SINGLE SERVE, 4.5 OZ**



**Nutrition Information**

Apricots, frozen, sweetened

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Sliced apricots packed in individual serving cups.</li> <li>Sliced U.S. Grade A apricots, packed in syrup at a ratio of 5 + 1 fruit to sugar. Ascorbic and citric acid may be added.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>96/4.5 oz units per case. Each unit contains 4.5 oz frozen sliced apricots and juice.</li> <li>One 4.5 oz unit AP provides ½ cup thawed, sliced apricots and juice.</li> <li>CN Crediting: One 4.5 oz unit sliced apricots provides ½ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store frozen apricots in freezer at 0 °F or below, off the floor, and away from walls to allow for circulation of cold air. Temperature changes shorten shelf life and speed deterioration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Thaw unopened cups of apricots overnight in the refrigerator, spacing containers on shelves for good air circulation.</li> </ul>

	½ cup (121 g)
Calories	118
Protein	0.85 g
Carbohydrate	30.37 g
Dietary Fiber	2.7 g
Sugars	N/A
Total Fat	0.12 g
Saturated Fat	0.01 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	1.09 mg
Calcium	12 mg
Sodium	5 mg
Magnesium	11 mg
Potassium	277 mg
Vitamin A	2033 IU
Vitamin A	102 RAE
Vitamin C	10.9 mg
Vitamin E	N/A

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### A449 – APRICOTS, FROZEN, SLICED, SINGLE SERVE, 4.5 OZ

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Apricots are ready to thaw and serve as a fruit or dessert.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>Do not refreeze apricots.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A463 – PLUMS, CANNED, PURPLE, #10**



**Nutrition Information**

Plums, pitted, light syrup pack, solids and liquids

	¼ cup (63 g)	½ cup (126 g)
Calories	40	79
Protein	0.23 g	0.47 g
Carbohydrate	10.26 g	20.51 g
Dietary Fiber	0.6 g	1.1 g
Sugars	9.67 g	19.34 g
Total Fat	0.06 g	0.13 g
Saturated Fat	0 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.54 mg	1.08 mg
Calcium	6 mg	11 mg
Sodium	13 mg	25 mg
Magnesium	3 mg	6 mg
Potassium	59 mg	117 mg
Vitamin A	146 IU	291 IU
Vitamin A	8 RAE	15 RAE
Vitamin C	0.3 mg	0.5 mg
Vitamin E	0.11 mg	0.23 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better purple plums, whole (unpeeled, unpitted), whole (unpeeled, pitted) or halves (unpeeled, pitted) in unsweetened fruit juice, light syrup, lightly sweetened fruit juice and water, or lightly sweetened fruit juice.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can of plum halves contains about 105 oz (12⅞ cups) plum halves and juice. Each can of whole, unpeeled plums with pits contains about 106 oz (12 cups) whole plums and juice.</li> <li>One #10 can AP plum halves, unpeeled, no pits yields about 54.4 oz (6⅞ cups) drained plum halves and provides about 24.7 ¼-cup servings drained plum halves OR about 49.2 ¼-cup servings of fruit and juice.</li> <li>One #10 can AP whole, unpeeled, plums with pit yields about 58.2 oz (6⅞ cups) drained whole plums with pits and provides about 27.8 ¼-cup servings drained whole plums with pits OR about 48.5 ¼-cup servings of fruit and juice. There are approximately 95 whole plums per #10 can.</li> <li>CN Crediting: ¼ cup plums and juice OR ¼ cup drained plums provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned purple plums in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned plums covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

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### A463 – PLUMS, CANNED, PURPLE, #10

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Plums can be used right from the can, chilled or at room temperature.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve chilled purple plums in syrup or juice or drained; add to fruit cups or compotes. Lemon juice intensifies the natural flavor of the fruit; spices or almond extract complement its natural flavor.</li> <li>• Chopped purple plums can be added to muffins or used in place of raisins in cinnamon rolls.</li> <li>• Serve purple plums drained and heated or at room temperature as an accompaniment to meat dishes.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A470 – FRUIT, CANNED, MIXED, #10**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better. Canned mixed fruit; diced peaches, diced pears, and whole seedless grapes packed in light syrup. Sugar or similar sweetener may be added.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains about 106 oz (12<math>\frac{1}{8}</math> cups) mixed fruit and juice.</li> <li>One #10 can AP yields about 62.0 oz (8<math>\frac{1}{2}</math> cups) drained mixed fruit and provides about 34.0 <math>\frac{1}{4}</math>-cup servings drained mixed fruit OR about 48.6 <math>\frac{1}{4}</math>-cup servings mixed fruit and juice.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup mixed fruit and juice OR <math>\frac{1}{4}</math> cup drained mixed fruit provides <math>\frac{1}{4}</math> cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned mixed fruit in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned mixed fruit covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Fruit, mixed, light syrup, fruit and juice

	$\frac{1}{4}$ cup (63 g)	$\frac{1}{2}$ cup (126 g)
Calories	34	69
Protein	0.26 g	0.51 g
Carbohydrate	8.94 g	17.88 g
Dietary Fiber	0.8 g	1.5 g
Sugars	7.16 g	14.33 g
Total Fat	0.05 g	0.10 g
Saturated Fat	0.01 g	0.01 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.18 mg	0.36 mg
Calcium	3 mg	6 mg
Sodium	4 mg	8 mg
Magnesium	3 mg	6 mg
Potassium	53 mg	106 mg
Vitamin A	6 IU	12 IU
Vitamin A	124 RAE	248 RAE
Vitamin C	1.9 mg	3.9 mg
Vitamin E	N/A	N/A

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### A470 – FRUIT, CANNED, MIXED, #10

<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>• Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>• Use a clean and sanitized can opener.</li> <li>• Mixed fruit can be used right from the can, chilled, or at room temperature.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Serve canned mixed fruit chilled or use in recipes for breads, cakes, or desserts.</li> <li>• Serve mixed fruit, chilled with syrup or chilled and drained, as part of fruit salad or with cottage cheese.</li> <li>• Combine with other fresh, canned, or frozen fruit for fruit cup or compotes.</li> <li>• Add mixed fruit to gelatin.</li> <li>• Use as directed in recipes specifying mixed fruit or fruit cocktail.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture, and nutritional value of the food can diminish over time.</li> <li>• NEVER USE food from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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(last updated, 05-11-07)

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**A490 – PLUMS, DEHYDRATED, PITTED, 25 LB**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better whole, pitted, dried plums. Size ranges from small to large (40 to 85 plums/lb).</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>25 lb bag.</li> <li>One 25 lb bag AP yields about 66¼ cups dried plums without pits and provides about 265.0 ¼-cup servings of dried plums (about 6 medium) OR about 367.5 ¼-cup servings of cooked fruit and juice.</li> <li>One lb AP yields 1 lb (about 2⅔ cups) dried plums without pits and provides about 10.6 ¼-cup servings of dried plums (about 6 medium) OR about 14.7 ¼-cup servings of cooked fruit and juice.</li> <li>CN Crediting: ¼ cup dried plums (about 6 medium) or ¼ cup cooked plums and juice provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store dried pitted plums in the original shipping containers off the floor in a cool, dry place. Refrigerated storage at 35 to 40 °F is preferred, although temperatures up to 70 °F are satisfactory.</li> <li>After opening dried plums, carefully fold down the poly bag liner, turn carton upside down to seal, and store in the refrigerator.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>



**Nutrition Information**

Plums, dried (prunes) pitted, uncooked

	¼ cup (44 g)	½ cup (87 g)
Calories	104	209
Protein	0.95 g	1.90 g
Carbohydrate	27.79 g	55.58 g
Dietary Fiber	3.1 g	6.2 g
Sugars	16.6 g	33.17 g
Total Fat	0.17 g	0.33 g
Saturated Fat	0.04 g	0.08 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.40 mg	0.81 mg
Calcium	19 mg	37 mg
Sodium	1 mg	2 mg
Magnesium	18 mg	36 mg
Potassium	318 mg	637 mg
Vitamin A	340 IU	679 IU
Vitamin A	17 RAE	34 RAE
Vitamin C	0.3 mg	0.5 mg
Vitamin E	0.19 mg	0.37 mg

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### A490 – PLUMS, DEHYDRATED, PITTED, 25 LB

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>• TO PLUMP: Soften dried plums by combining them with equal amounts (2½ cups per pound) of hot or cold water or fruit juice. Cover and refrigerate at least 24 hours. After plumping, plums may be chopped and mixed in a bowl by hand or with a mixer at medium speed for 1 to 2 minutes. For easier chopping, use an oiled knife or blade.</li> <li>• TO COOK: Bring equal amounts of plums and water to a boil. Cover, reduce heat and simmer 7-10 minutes or pour on enough boiling water to cover plums; cover and refrigerate at least 24 hours.</li> <li>• Make dried, pitted plums easier to chop by mixing in 1 Tbsp of salad oil per pound before chopping.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>• Serve dried pitted plums as is, in cereals, salads, baked items, or as a garnish (hot or cold) for main dishes. Add chopped dried plums to quick breads, muffins, cookies, cakes, and stuffing to help retain moisture and add flavor. Fold in sliced dried plums to enhance vegetable dishes.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A500 – RAISINS, REGULAR MOISTURE, SEEDLESS, 30 LB**



**Nutrition Information**

Raisins, seedless, not packed

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruit</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better raisins.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>30 lb bag.</li> <li>One 30 lb bag AP yields about 94½ cups raisins and provides about 378.0 ¼-cup servings raisins OR about 642.0 ¼-cup servings cooked raisins.</li> <li>One lb AP yields about 3⅛ cups raisins and provides about 12.6 ¼-cup servings raisins OR about 21.4 ¼-cup servings cooked raisins.</li> <li>CN Crediting: ¼ cup raisins OR ¼ cup cooked raisins provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Refrigerate raisins and store off the floor. To maintain freshness once the case has been opened, fold down the poly bag liner and turn the case upside down. The weight of the raisins will keep the liner tightly sealed.</li> <li>Raisins freeze well and thaw quickly.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Raisins keep cookies and cakes moist. Chopped raisins impart a full flavor to baked goods. For easier chopping, use an oiled knife or blade.</li> <li><b>TO PLUMP:</b> Cover the amount of raisins needed with very hot water and soak 2 to 5 minutes. Flavor and nutrients are lost with longer soaking. Drain well before using.</li> </ul>

	¼ cup (36 g)	½ cup (73 g)
Calories	108	217
Protein	1.11 g	2.23 g
Carbohydrate	28.70 g	57.41 g
Dietary Fiber	1.3 g	2.7 g
Sugars	21.46 g	42.91 g
Total Fat	0.17 g	0.33 g
Saturated Fat	0.02 g	0.046 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.68 mg	1.36 mg
Calcium	18 mg	36 mg
Sodium	4 mg	8 mg
Magnesium	12 mg	23 mg
Potassium	272 mg	543 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.80 mg	1.70 mg
Vitamin E	0.04 mg	0.09 mg

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### A500 – RAISINS, REGULAR MOISTURE, SEEDLESS, 30 LB

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Raisins are ready to eat or may be added to sandwich fillings, rice dishes, stuffing, salads, hot or cold cereals, puddings and baked items; or be combined with peanuts, sunflower seeds or granola and trail mix.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A501 – RAISINS, REGULAR MOISTURE, SEEDLESS, 15 OZ**



**Nutrition Information**

Raisins, seedless, not packed

	¼ cup (36 g)	½ cup (73 g)
Calories	108	217
Protein	1.11 g	2.23 g
Carbohydrate	28.70 g	57.41 g
Dietary Fiber	1.30 g	2.7 g
Sugars	21.46 g	42.91 g
Total Fat	0.17 g	0.33 g
Saturated Fat	0.02 g	0.046 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.68 mg	1.36 mg
Calcium	18 mg	36 mg
Sodium	4 mg	8 mg
Magnesium	12 mg	23 mg
Potassium	272 mg	543 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.80 mg	1.70 mg
Vitamin E	0.04 mg	0.09 mg

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruit</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. Grade B or better raisins.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>24/15 oz packages per case.</li> <li>One 15 oz package AP yields about 2<sup>7</sup>/<sub>8</sub> cups raisins and provides about 11.8 ¼-cup servings raisins OR about 20.0 ¼-cup servings cooked raisins.</li> <li>CN Crediting: ¼ cup raisins OR ¼ cup cooked raisins provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Refrigerate raisins and store off the floor.</li> <li>To maintain freshness once the case has been opened, fold down the poly bag liner and turn the case upside down. The weight of the raisins will keep the liner tightly sealed.</li> <li>Raisins freeze well and thaw quickly.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Raisins keep cookies and cakes moist. Chopped raisins impart a full flavor to baked goods. For easier chopping, use an oiled knife or blade.</li> <li><b>TO PLUMP:</b> Cover the amount of raisins needed with very hot water and soak 2 to 5 minutes. Flavor and nutrients are lost with longer soaking. Drain well before using.</li> </ul>

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### A501 – RAISINS, REGULAR MOISTURE, SEEDLESS, 15 OZ

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Raisins are ready to eat or may be added to sandwich fillings, rice dishes, stuffing, salads, hot or cold cereals, puddings, and baked items; or be combined with peanuts, sunflower seeds, or granola and trail mix.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A504 – RAISINS, REGULAR MOISTURE, SEEDLESS,  
SINGLE SERVE, 1.33 OZ UNITS**

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Vegetables/Fruit</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Raisins, seedless.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>144/1.33 oz units per case.</li> <li>One 1.33 oz unit AP yields ¼ cup raisins.</li> <li>CN Crediting: One 1.33 oz unit raisins provides ¼ cup fruit.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Refrigerate raisins and store off the floor in a cool, dry location.</li> <li>Raisins freeze well and thaw quickly.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Ready to eat.</li> </ul>
<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>Raisins are ready to eat and can be used as a mealtime fruit serving or as a nutritious snack.</li> </ul>



Raisins, seedless

	1.33 oz package (38 g)
Calories	113
Protein	1.16 g
Carbohydrate	29.98 g
Dietary Fiber	1.40 g
Sugars	22.41 g
Total Fat	0.17 g
Saturated Fat	0.04 g
Trans Fat	0 g
Cholesterol	0 mg
Iron	0.71 mg
Calcium	19 mg
Sodium	4 mg
Magnesium	12 mg
Potassium	284 mg
Vitamin A	0 IU
Vitamin A	0 RAE
Vitamin C	0.87 mg
Vitamin E	0 mg

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### A504 – RAISINS, REGULAR MOISTURE, SEEDLESS, SINGLE SERVE, 1.33 OZ UNITS

<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• Visually inspect for presence of foreign substances, insects, or molds before use.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A908 – BEANS, CANNED, BLACK TURTLE, #10**



**Nutrition Information**

Beans, black turtle soup, solids and liquids

	¼ cup (60 g)	½ cup (120 g)
Calories	55	109
Protein	3.62 g	7.24 g
Carbohydrate	9.94 g	19.87 g
Dietary Fiber	4.4 g	8.3 g
Sugars	N/A	N/A
Total Fat	0.17 g	0.35 g
Saturated Fat	0.04 g	0.09 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.14 mg	2.28 mg
Calcium	21 mg	42 mg
Sodium	230 mg	461 mg
Magnesium	21 mg	42 mg
Potassium	185 mg	370 mg
Vitamin A	2 IU	5 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	1.6 mg	3.2 mg
Vitamin E	N/A	N/A

<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Canned black turtle beans packed in salt water.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>6/#10 cans per case. Each can contains not less than 106 oz beans and liquid.</li> <li>One #10 can AP yields 59.7 oz (about 6<sup>5</sup>/<sub>8</sub> cups) heated, drained black turtle beans and provides about 26.7 ¼-cup servings heated, drained black turtle beans OR about 13.3 ½-cup servings heated, drained beans.</li> <li>CN Crediting: ¼ cup heated, drained black turtle beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup heated, drained black turtle beans provides ¼ cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store unopened canned pink beans in a cool, dry place. Never store canned goods in a damp storage area or any place exposed to high or low temperature extremes.</li> <li>Store opened canned beans covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>
<b>PREPARATION/ COOKING INSTRUCTIONS</b>	<ul style="list-style-type: none"> <li>Use a clean cloth to wash the lids of canned foods before opening to keep dirt from getting into the food.</li> <li>Use a clean and sanitized can opener.</li> <li>Heat without added salt and serve alone or use as directed in recipes.</li> </ul>

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### A908 – BEANS, CANNED, BLACK TURTLE, #10

<b>USES AND TIPS</b>	<ul style="list-style-type: none"> <li>• Use canned beans in soups, salads and entrees. Serve one variety of beans alone or in combination with others. Canned beans may be substituted for cooked dry beans in any recipe. Some or all of the salt in the recipe should be omitted when canned beans are used in place of cooked dry beans.</li> </ul>
<b>FOOD SAFETY INFORMATION</b>	<ul style="list-style-type: none"> <li>• As long as the can is in good shape, the contents should be safe to eat, although the taste, texture and nutritional value of the food can diminish over time.</li> <li>• Cook fruits and vegetables that are going to be held on a steamtable or in a hot box to 135 °F for 15 seconds.</li> <li>• NEVER USE foods from cans that are leaking, bulging, or are badly dented.</li> <li>• DON'T TASTE canned food with a foul odor, or that spurts liquid from the container when opened.</li> </ul>
<b>BEST IF USED BY GUIDANCE</b>	<ul style="list-style-type: none"> <li>• For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>• For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A924 – BEANS, NAVY OR PEA, DRY, WHOLE, 25 LB**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. No. 1 grade dry navy beans/pea beans.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>25 lb bag.</li> <li>One 25 lb bag AP yields about 56¼ cups dry whole navy or pea beans and provides about 597.5 ¼-cup servings cooked navy or pea beans OR about 298.7 ½-cup servings cooked navy or pea beans.</li> <li>One lb AP yields 1 lb (about 2¼ cups) dry whole navy or pea beans and provides about 23.9 ¼-cup servings cooked navy or pea beans OR about 11.9 ½-cup servings cooked navy or pea beans.</li> <li>CN Crediting: ¼ cup cooked, drained navy or pea beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup cooked, drained navy or pea beans provides ¼ cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store dry navy or pea beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold.</li> <li>Store cooked navy or pea beans covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Navy beans, mature seeds, cooked, without salt

	¼ cup (46 g)	½ cup (91 g)
Calories	64	127
Protein	3.74 g	7.49 g
Carbohydrate	11.85 g	23.71 g
Dietary Fiber	4.8 g	9.6 g
Sugars	0.17 g	0.34 g
Total Fat	0.28 g	0.56 g
Saturated Fat	0.05 g	0.09 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.07 mg	2.15 mg
Calcium	31 mg	63 mg
Sodium	0 mg	0 mg
Magnesium	24 mg	48 mg
Potassium	177 mg	354 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.5 mg	0.9
Vitamin E	0 mg	0.01 mg

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### A924 – BEANS, NAVY OR PEA, DRY, WHOLE, 25 LB

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>Sort dry beans to remove foreign matter, and rinse in cold water. Soaking shortens cooking time and ensures that the beans will hold their shape.</li> <li>Soak dry beans overnight by adding dry beans to cold water. Cover and let stand in refrigerator overnight. Pour off soaking water, rinse, and cook immediately after soaking period. Longer periods of soaking are not recommended.</li> <li>For quick soaking, pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water, rinse, and cook immediately after soaking period.</li> <li>To cook, use approximately 1¾ qt boiling water for each lb of beans. Optional, add ½ tsp salt for every lb of beans. Cook for 1-2 hours. Add additional boiling water if beans become dry. Drain, if desired.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>Use cooked dry beans in soups, salads, entrees, or recipes. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>Visually inspect for presence of foreign substances, insects, or mold before use.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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(last updated, 05-29-07)

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**A925 – BEANS, GREAT NORTHERN, DRY, WHOLE, 25 LB**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. No. 1 grade dry Great Northern beans.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>25 lb bag.</li> <li>One 25 lb bag AP yields about 62½ cups dry whole Great Northern beans and provides about 637.5 ¼-cup servings cooked, drained Great Northern beans OR about 318.7 ½-cup servings cooked, drained Great Northern beans.</li> <li>One lb AP yields 1 lb (about 2½ cups) dry whole Great Northern beans and provides about 25.5 ¼-cup servings cooked, drained Great Northern beans OR about 12.7 ½-cup servings cooked, drained Great Northern beans.</li> <li>CN Crediting: ¼ cup cooked, drained Great Northern beans provides 1-oz equivalent meat/meat alternate OR ¼ cup cooked, drained Great Northern beans provides ¼ cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store dry Great Northern beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold.</li> <li>Store cooked Great Northern beans covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Great northern beans, dry, cooked, without salt

	¼ cup (44 g)	½ cup (89 g)
Calories	52	104
Protein	3.69 g	7.37 g
Carbohydrate	9.33 g	18.66 g
Dietary Fiber	3.1 g	6.2 g
Sugars	N/A	N/A
Total Fat	0.20 g	0.40 g
Saturated Fat	0.06 g	0.12 g
Trans Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.94 mg	1.89 mg
Calcium	30 mg	60 mg
Sodium	1 mg	2 mg
Magnesium	22 mg	44 mg
Potassium	173 mg	346 mg
Vitamin A	0 IU	1 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.6 mg	1.2 mg
Vitamin E	N/A	N/A

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### A925 – BEANS, GREAT NORTHERN, DRY, WHOLE, 25 LB

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>Sort dry beans to remove foreign matter, and rinse in cold water. Soaking shortens cooking time and ensures that the beans will hold their shape.</li> <li>Soak dry beans overnight by adding dry beans to cold water. Cover and let stand in refrigerator overnight. Pour off soaking water, rinse, and cook immediately after soaking period. Longer periods of soaking are not recommended.</li> <li>For quick soaking, pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water, rinse, and cook immediately after soaking period.</li> <li>To cook, use approximately 1¾ qt boiling water for each lb of beans. Optional, add ½ tsp salt for every lb of beans. Cook for 1-2 hours. Add additional boiling water if beans become dry. Drain, if desired.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>Use cooked dry beans in soups, salads, entrees, or recipes. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>Visually inspect for presence of foreign substances, insects, or mold before use.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A928 – BEANS, SPLIT PEAS, DRY, 25 LB**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. No. 1 grade dry split peas of the yellow or green variety.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>25 lb bag.</li> <li>One 25 lb bag AP yields about 56¼ cups dry split peas and provides about 577.5 ¼-cup servings cooked, drained split peas OR about 288.7 ½-cup servings cooked, drained split peas.</li> <li>One lb AP yields 1 lb (about 2¼ cups) dry split peas and provides about 23.1 ¼-cup servings cooked, drained split peas OR about 11.5 ½-cup servings cooked, drained split peas.</li> <li>CN Crediting: ¼ cup cooked, drained split peas provides 1 oz-equivalent meat/meat alternate OR ¼ cup cooked, drained split peas provides ¼ cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store split peas off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold.</li> <li>Store cooked split peas covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Peas, split, mature seeds, cooked, without salt

	¼ cup (49 g)	½ cup (98 g)
Calories	58	116
Protein	4.09 g	8.17 g
Carbohydrate	10.34 g	20.68 g
Dietary Fiber	4.1 g	8.1 g
Sugars	1.42 g	2.84 g
Total Fat	0.19 g	0.38 g
Saturated Fat	0.03 g	0.05 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.63 mg	1.26 mg
Calcium	7 mg	14 mg
Sodium	1 mg	2 mg
Magnesium	18 mg	35 mg
Potassium	177 mg	355 mg
Vitamin A	3 IU	7 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.2 mg	0.4 mg
Vitamin E	0.01 mg	0.03 mg

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### A928 – BEANS, SPLIT PEAS, DRY, 25 LB

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>Sort dry split peas to remove foreign matter.</li> <li>Cook dry split peas without soaking OR add split peas to boiling water. Boil 2 minutes. Remove from heat and let soak ½ hour.</li> <li>Use approximately 1¼ qt boiling water for each lb of split peas. Optional, add ½ tsp salt for every lb of split peas. Cook for approximately 20 minutes. Cook split peas in small batches to retain their shape and to avoid mashing. Drain and use in recipes.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>Use cooked split peas in soups, salads, casseroles, entrees, or as meat extenders. Season with butter, herbs, or spices.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>Visually inspect for presence of foreign substances, insects, or mold before use.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A939 – BEANS, PINK, DRY, WHOLE, 25 LB**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>Dry pink beans are grade U.S. No. 1.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>25 lb bag.</li> <li>One 25 lb bag AP yields about 56¼ cups dry pink beans and provides about 482.5 ¼-cup servings cooked, drained pink beans OR about 241.2 ½-cup servings cooked, drained pink beans.</li> <li>One lb AP yields 1 lb (about 2¼ cups) dry pink beans and provides about 19.3 ¼-cup servings cooked, drained pink beans OR about 9.65 ½-cup servings cooked, drained pink beans.</li> <li>CN Crediting: ¼ cup cooked, drained pink beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup cooked, drained pink beans provides ¼ cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store dry pink beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold.</li> <li>Store cooked pink beans covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Pink beans, mature seeds, cooked, without salt

	¼ cup (42 g)	½ cup (85 g)
Calories	63	126
Protein	3.83 g	7.66 g
Carbohydrate	11.79 g	23.58 g
Dietary Fiber	2.2 g	4.5 g
Sugars	0.16 g	0.31 g
Total Fat	0.21 g	0.41 g
Saturated Fat	0.05 g	0.11 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	0.97 mg	1.94 mg
Calcium	22 mg	44 mg
Sodium	1 mg	2 mg
Magnesium	27 mg	55 mg
Potassium	215 mg	429 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0 mg	0 mg
Vitamin E	0.43 mg	0.86 mg

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### A939 – BEANS, PINK, DRY, WHOLE, 25 LB

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>Sort dry beans to remove foreign matter, and rinse in cold water. Soaking shortens cooking time and ensures that the beans will hold their shape.</li> <li>Soak dry beans overnight by adding dry beans to cold water. Cover and let stand in refrigerator overnight. Pour off soaking water, rinse, and cook immediately after soaking period. Longer periods of soaking are not recommended.</li> <li>For quick soaking, pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water, rinse, and cook immediately after soaking period.</li> <li>To cook, use approximately 1¾ qt boiling water for each lb of beans. Optional, add ½ tsp salt for every lb of beans. Cook for 1-2 hours. Add additional boiling water if beans become dry. Drain, if desired.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>Use cooked dry beans in soups, salads, entrees, or recipes. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>Visually inspect for presence of foreign substances, insects, or mold before use.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A942 – BEANS, PINTO, DRY, WHOLE, 25 LB**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. No. 1 grade dry pinto beans.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>25 lb bag.</li> <li>One 25 lb bag AP yields about 59<sup>3</sup>/<sub>8</sub> cups dry, whole pinto beans and provides about 525.0 ¼-cup servings cooked, drained pinto beans OR about 262.5 ½-cup servings cooked, drained pinto beans.</li> <li>One lb AP yields 1 lb (about 2<sup>3</sup>/<sub>8</sub> cups) dry whole pinto beans and provides about 21.0 ¼-cup servings cooked, drained pinto beans OR about 10.5 ½-cup servings cooked, drained pinto beans.</li> <li>CN Crediting: ¼ cup cooked, drained pinto beans provides 1 oz-equivalent meat/meat alternate OR ¼ cup cooked, drained pinto beans provides ¼ cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store dry pinto beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mildew.</li> <li>Store cooked pinto beans covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Pinto beans, dry, cooked, without salt

	¼ cup (43 g)	½ cup (86 g)
Calories	61	122
Protein	3.85 g	7.70 g
Carbohydrate	11.21 g	22.42 g
Dietary Fiber	3.8 g	7.7 g
Sugars	0.15 g	0.29 g
Total Fat	0.28 g	0.56 g
Saturated Fat	0.06 g	0.12 g
Trans Fat	0 g	N/A
Cholesterol	0 mg	0 mg
Iron	0.89 mg	1.79 mg
Calcium	20 mg	39 mg
Sodium	0 mg	1 mg
Magnesium	21 mg	43 mg
Potassium	186 mg	373 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.3 mg	0.7 mg
Vitamin E	0.40 mg	0.80 mg

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### A942 – BEANS, PINTO, DRY, WHOLE, 25 LB

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>Sort dry beans to remove foreign matter, and rinse in cold water. Soaking shortens cooking time and ensures that the beans will hold their shape.</li> <li>Soak dry beans overnight by adding dry beans to cold water. Cover and let stand in refrigerator overnight. Pour off soaking water, rinse, and cook immediately after soaking period. Longer periods of soaking are not recommended.</li> <li>For quick soaking, pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water, rinse, and cook immediately after soaking period.</li> <li>To cook, use approximately 1¾ qt boiling water for each lb of beans. Optional, add ½ tsp salt for every lb of beans. Cook for 1-2 hours. Add additional boiling water if beans become dry. Drain, if desired.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>Use cooked dry beans in soups, salads, entrees, or recipes. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>Visually inspect for presence of foreign substances, insects, or mold before use.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>

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**A948 – BEANS, SMALL RED, DRY, WHOLE, 25 LB**



<b>CATEGORY</b>	<ul style="list-style-type: none"> <li>Meat/Meat Alternates or Vegetables/Fruits</li> </ul>
<b>PRODUCT DESCRIPTION</b>	<ul style="list-style-type: none"> <li>U.S. No. 1 grade dry small red beans.</li> </ul>
<b>PACK/YIELD</b>	<ul style="list-style-type: none"> <li>25 lb bag.</li> <li>One 25 lb bag AP yields about 53<math>\frac{1}{8}</math> cups dry small red beans and provides about 510.0 <math>\frac{1}{4}</math>-cup servings cooked, drained small red beans OR about 255.0 <math>\frac{1}{2}</math>-cup servings cooked, drained small red beans.</li> <li>One lb AP yields 1 lb (about 2<math>\frac{1}{8}</math> cups) dry, small red beans and provides about 20.4 <math>\frac{1}{4}</math>-cup servings cooked, drained small red beans OR about 10.2 <math>\frac{1}{2}</math>-cup servings cooked, drained small red beans.</li> <li>CN Crediting: <math>\frac{1}{4}</math> cup cooked, drained small red beans provides 1 oz-equivalent meat/meat alternate OR <math>\frac{1}{4}</math> cup cooked, drained small red beans provides <math>\frac{1}{4}</math> cup vegetable BUT NOT both components at the same meal.</li> </ul>
<b>STORAGE</b>	<ul style="list-style-type: none"> <li>Store small red beans off the floor in a cool, dry place. High temperatures cause dry beans to harden and high humidity causes mold.</li> <li>Store cooked small red beans covered and labeled in a dated nonmetallic container under refrigeration.</li> <li>Use First-In-First-Out (FIFO) storage practices to ensure use of older product first.</li> </ul>

**Nutrition Information**

Kidney beans, red, mature seeds, cooked, without salt

	$\frac{1}{4}$ cup (44 g)	$\frac{1}{2}$ cup (89 g)
Calories	56	112
Protein	3.84 g	7.67 g
Carbohydrate	10.09 g	20.18 g
Dietary Fiber	3.3 g	6.5 g
Sugars	0.14 g	0.28 g
Total Fat	0.22 g	0.44 g
Saturated Fat	0.03 g	0.06 g
<i>Trans</i> Fat	0 g	0 g
Cholesterol	0 mg	0 mg
Iron	1.29 mg	2.60 mg
Calcium	12 mg	25 mg
Sodium	1 mg	2 mg
Magnesium	20 mg	40 mg
Potassium	177 mg	357 mg
Vitamin A	0 IU	0 IU
Vitamin A	0 RAE	0 RAE
Vitamin C	0.5 mg	1.1 mg
Vitamin E	0.38 mg	0.77 mg

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### A948 – BEANS, SMALL RED, DRY, WHOLE, 25 LB

<p><b>PREPARATION/ COOKING INSTRUCTIONS</b></p>	<ul style="list-style-type: none"> <li>Sort dry beans to remove foreign matter, and rinse in cold water. Soaking shortens cooking time and ensures that the beans will hold their shape.</li> <li>Soak dry beans overnight by adding dry beans to cold water. Cover and let stand in refrigerator overnight. Pour off soaking water, rinse, and cook immediately after soaking period. Longer periods of soaking are not recommended.</li> <li>For quick soaking, pour dry beans into boiling water and boil for 2 minutes. Remove from heat and allow to soak for 1 hour. Pour off soaking water, rinse, and cook immediately after soaking period.</li> <li>To cook, use approximately 1¾ qt boiling water for each lb of beans. Optional, ½ tsp salt for every lb of beans. Cook for 1-2 hours. Add additional boiling water if beans become dry. Drain, if desired.</li> </ul>
<p><b>USES AND TIPS</b></p>	<ul style="list-style-type: none"> <li>Use cooked dry beans in soups, salads, entrees, or recipes. Serve one variety of beans alone or in combination with others. Cook beans with meats or other vegetables.</li> </ul>
<p><b>FOOD SAFETY INFORMATION</b></p>	<ul style="list-style-type: none"> <li>Visually inspect for presence of foreign substances, insects, or mold before use.</li> </ul>
<p><b>BEST IF USED BY GUIDANCE</b></p>	<ul style="list-style-type: none"> <li>For guidance on how to effectively manage, store, and maintain USDA commodities, please visit the FDD Website at: <a href="http://www.fns.usda.gov/fdd/facts/biubguidance.htm">http://www.fns.usda.gov/fdd/facts/biubguidance.htm</a>.</li> <li>For additional information on product dating, go to page 6 of <i>Choice Plus Food Safety Supplement</i> at: <a href="http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf">http://www.nfsmi.org/Information/choice-plus-food-safety-supplement.pdf</a>.</li> </ul>