



FRESH PRODUCE PURCHASING & PREP GUIDE FOR CHILD CARE PROGRAMS SERVING 6-18 YEAR OLDS*

SNACK 1 serving of fruit/vegetable = 3/4 cup		Amount to prepare			Amount to purchase		
Food Item	Preparation	for 5 servings	for 25 servings	for 50 servings	for 5 servings	for 25 servings	for 50 servings
Apples ^{NC}	Unpeeled, cored, sliced	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ¼ pounds	5 ¼ pounds	10 ½ pounds
Avocados	Peeled, sliced	3 ¾ cups	18 ¾ cups	37 ½ cups	2 ¾ pounds	13 ¾ pounds	27 ¼ pounds
Bananas	Whole or sliced 1 banana = ½ cup	3 ¾ cups	18 ¾ cups	37 ½ cups	2 ¼ pounds	10 ½ pounds	21 pounds
Blackberries ^{NC}	Whole	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	6 ½ pounds	12 ¾ pounds
Blueberries ^{NC}	Whole	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds (2 pints)	6 ½ pounds (8 ¾ pints)	12 ¾ pounds (17 pints)
Broccoli trimmed, ready-to-use	Raw florets	3 ¾ cups	18 ¾ cups	37 ½ cups	¾ pound	2 ¾ pounds	5 ¼ pounds
Cantaloupe ^{NC} whole	Cubed or diced	3 ¾ cups	18 ¾ cups	37 ½ cups	2 ¾ pounds	13 ¾ pounds (~7 melons)	26 ¾ pounds (~13 melons)
Carrots baby, ready-to-use	Raw	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ¼ pounds	6 pounds	11 ¾ pounds
Carrots ^{NC} without tops	Raw, sticks	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	7 ½ pounds	14 ¾ pounds
Cauliflower florets, ready-to-use	Raw, florets	3 ¾ cups	18 ¾ cups	37 ½ cups	1 pound	4 ¼ pounds	8 ¾ pounds
Celery trimmed	Raw sticks or strips	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ¼ pounds	6 ¼ pounds	12 ½ pounds
Cherry Tomatoes ^{NC}	Halves	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	7 pounds	13 ¾ pounds
Clementines	Whole, peeled	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ¾ pounds	8 ½ pounds	16 ¾ pounds
Corn on the cob ^{NC}	Cooked	3 ¾ cups	18 ¾ cups	37 ½ cups	4 ½ pounds	22 ½ pounds	45 pounds
Cucumbers ^{NC} whole	Unpared sticks	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	6 ½ pounds	12 ¾ pounds
Grapes seedless	Halves	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ¾ pounds	8 ¾ pounds	16 ¼ pounds
Green Beans ^{NC} whole, untrimmed	Whole, cooked	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	7 pounds	13 ¾ pounds
Honeydew Melon ^{NC} whole	Cubes	3 ¾ cups	18 ¾ cups	37 ½ cups	3 ¾ pounds	15 ½ pounds	30 ¾ pounds
Kale ^{NC} trimmed, without stem	Raw, chopped	7 ½ cups	37 ½ cups	75 cups	¾ pound	3 ¾ pounds	6 ¼ pounds
Lettuce ^{NC} dark green leafy, untrimmed	Raw, pieces	7 ½ cups	37 ½ cups	75 cups	1 ½ pounds	7 pounds	14 pounds
Nectarines ^{NC} all sizes	Unpeeled, diced	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	7 ¼ pounds	14 ¼ pounds
Oranges all sizes	Sections, membrane removed	3 ¾ cups	18 ¾ cups	37 ½ cups	4 ½ pounds	21 ½ pounds	43 pounds
Peaches ^{NC}	Sliced	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	7 ¼ pounds	14 ¼ pounds
Pears ^{NC} all sizes	Pared, sliced	3 ¾ cups	18 ¾ cups	37 ½ cups	2 pounds	9 ½ pounds	19 pounds
Peppers, Bell ^{NC} green, yellow, orange, or red, medium or large, whole	Raw, strips	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ¼ pounds	5 ¼ pounds	10 ¼ pounds
Pineapple whole	Cubed	3 ¾ cups	18 ¾ cups	37 ½ cups	2 ½ pounds	11 ¾ pounds	23 ½ pounds
Plums ^{NC} purple, red, or black	Quartered	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	7 ¼ pounds	14 ¼ pounds
Raspberries ^{NC}	Whole	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ¼ pounds	6 ¼ pounds	12 ½ pounds
Snow Peas ^{NC}	Raw	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	6 ¾ pounds	13 ¾ pounds
Strawberries ^{NC}	Sliced	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds (2 pints)	7 ¼ pounds (9 ¾ pints)	14 ½ pounds (19 ½ pints)
Sweet Potatoes ^{NC}	Baked	3 ¾ cups	18 ¾ cups	37 ½ cups	2 ½ pounds	11 ½ pounds	22 ¾ pounds
Tangerines	Whole, peeled (about ½ cup)	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	7 ½ pounds	15 pounds
Watermelon ^{NC} whole	Diced, no rind	3 ¾ cups	18 ¾ cups	37 ½ cups	2 ½ pounds	12 ½ pounds (1 large)	24 ¾ pounds (1 ½ large)
Zucchini ^{NC}	Raw, sticks	3 ¾ cups	18 ¾ cups	37 ½ cups	1 ½ pounds	6 ½ pounds	12 ¾ pounds

NC = Grown in North Carolina

For seasonal produce, see [What's in Season? North Carolina Fruit and Vegetable Availability](#).

* Amounts are calculated for 6-18 year olds and represent minimum serving sizes required to meet for the USDA Child Meal Patterns.

Amounts are rounded up to the nearest 0.25 pound.

One cup of raw (uncooked) leafy greens (kale, lettuce) counts as ½ cup of vegetables.

Source: [Food Buying Guide for Child Nutrition Programs](#)

[USDA Child Meal Pattern](#)