



## FRESH PRODUCE PURCHASING & PREP GUIDE FOR CHILD CARE PROGRAMS SERVING 1-2 YEAR OLDS\*

BREAKFAST 1 serving of fruit/vegetable = 1/4 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 <sup>NC</sup>	Peeled, cored, sliced	1 ¼ cups	6 ¼ cups	12 ½ cups	½ pound	1 ¾ pounds	3 ½ pounds
Apricots	Peeled, diced	1 ¼ cups	6 ¼ cups	12 ½ cups	½ pound	2 ½ pounds	4 ¾ pounds
Bananas	Sliced 1 banana = ½ cup	1 ¼ cups	6 ¼ cups	12 ½ cups	¾ pound	3 ½ pounds	7 pounds
Cantaloupe <sup>NC</sup> whole	Diced	1 ¼ cups	6 ¼ cups	12 ½ cups	1 pound	4 ½ pounds (~3 melons)	8 ¾ pounds (~5 melons)
Clementines	Peeled, diced	1 ¼ cups	6 ¼ cups	12 ½ cups	¾ pound	3 pounds	5 ¾ pounds
Honeydew Melon <sup>NC</sup> whole	Diced	1 ¼ cups	6 ¼ cups	12 ½ cups	1 ¼ pounds	5 ¼ pounds	10 ¼ pounds
Kiwi	Peeled, sliced	1 ¼ cups	6 ¼ cups	12 ½ cups	¾ pound	3 pounds	5 ¾ pounds
Nectarines <sup>NC</sup> all sizes	Diced	1 ¼ cups	6 ¼ cups	12 ½ cups	½ pound	2 ½ pounds	4 ¾ pounds
Oranges all sizes	Sections, membrane removed, diced	1 ¼ cups	6 ¼ cups	12 ½ cups	1 ½ pounds	7 ¼ pounds	14 ½ pounds
Peaches <sup>NC</sup>	Sliced	1 ¼ cups	6 ¼ cups	12 ½ cups	½ pound	2 ½ pounds	4 ¾ pounds
Pears <sup>NC</sup> all sizes	Pared, sliced	1 ¼ cups	6 ¼ cups	12 ½ cups	¾ pound	3 ¼ pounds	6 ½ pounds
Pineapple whole	Diced	1 ¼ cups	6 ¼ cups	12 ½ cups	1 pound	4 pounds	8 pounds
Plums <sup>NC</sup> purple, red, or black	Diced	1 ¼ cups	6 ¼ cups	12 ½ cups	½ pound	2 ½ pounds	4 ¾ pounds
Strawberries <sup>NC</sup>	Sliced	1 ¼ cups	6 ¼ cups	12 ½ cups	½ pound (¾ pint)	2 ½ pounds (3 ½ pints)	5 pounds (6 ¾ pints)
Tangerines	Peeled, diced	1 ¼ cups	6 ¼ cups	12 ½ cups	¾ pound	3 ¼ pounds	6 ½ pounds
Watermelon <sup>NC</sup>	Diced, no rind	1 ¼ cups	6 ¼ cups	12 ½ cups	1 pound	4 ¼ pounds (¼ large)	8 ¾ pounds (½ large)

NC = Grown in North Carolina

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

\* Amounts are calculated for 1-2 year olds and represent minimum serving sizes to meet the USDA Child Meal Patterns.

\*\* Please use caution when serving items which could be potential choking hazards. For toddlers, puree, mash, or finely chop foods into small pieces (no larger than ½ inch) or thin slices or strips (lengthwise).

Amounts are rounded up to the nearest 0.25 pound.

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



## FRESH PRODUCE PURCHASING & PREP GUIDE

### FOR CHILD CARE PROGRAMS SERVING 1-2 YEAR OLDS\*

LUNCH/SUPPER 1/8 cup serving of vegetable + 1/8 cup serving of fruit or 2nd vegetable		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 <sup>NC</sup>	Peeled, cored, sliced	5/8 cup	3 1/8 cups	6 1/4 cups	1/4 pound	1 pound	1 3/4 pounds
Avocados	Peeled, sliced	5/8 cup	3 1/8 cups	6 1/4 cups	1/2 pound	2 1/2 pounds	4 3/4 pounds
Bananas	Sliced 1 banana = 1/2 cup	5/8 cup	3 1/8 cups	6 1/4 cups	1/2 pound	1 3/4 pounds	3 1/2 pounds
Beets <sup>NC</sup> without tops	Sliced, cooked	5/8 cup	3 1/8 cups	6 1/4 cups	1/2 pound	1 3/4 pounds	3 1/4 pounds
Broccoli florets <sup>NC</sup>	Cooked	5/8 cup	3 1/8 cups	6 1/4 cups	1/4 pound	1 1/4 pounds	2 1/4 pounds
Butternut Squash <sup>NC</sup>	Cooked, drained, pared, diced	5/8 cup	3 1/8 cups	6 1/4 cups	1/2 pound	1 3/4 pounds	3 1/2 pounds
Cabbage <sup>NC</sup> green, untrimmed, whole	Cooked, drained, shredded	5/8 cup	3 1/8 cups	6 1/4 cups	1/4 pound	1 pound	2 pounds
Cantaloupe <sup>NC</sup> whole	Diced	5/8 cup	3 1/8 cups	6 1/4 cups	1/2 pound	2 1/4 pounds (~2 melons)	4 1/2 pounds (~3 melons)
Carrots <sup>NC</sup> without tops	Cooked, drained, sliced	5/8 cup	3 1/8 cups	6 1/4 cups	1/2 pound	1 3/4 pounds	3 1/4 pounds
Cauliflower whole, trimmed	Cooked, drained, florets	5/8 cup	3 1/8 cups	6 1/4 cups	1/2 pound	1 1/2 pounds	3 pounds
Clementines	Peeled, diced	5/8 cup	3 1/8 cups	6 1/4 cups	1/2 pound	1 1/2 pounds	3 pounds
Collard Greens <sup>NC</sup> untrimmed	Cooked, drained, leaves	5/8 cup	3 1/8 cups	6 1/4 cups	1/2 pound	2 1/4 pounds	4 1/4 pounds
Green Beans <sup>NC</sup> whole, untrimmed	Cooked, diced	5/8 cup	3 1/8 cups	6 1/4 cups	1/4 pound	1 1/4 pounds	2 1/4 pounds
Honeydew Melon <sup>NC</sup>	Diced	5/8 cup	3 1/8 cups	6 1/4 cups	3/4 pound	2 3/4 pounds	5 1/4 pounds
Kiwi	Peeled, sliced	5/8 cup	3 1/8 cups	6 1/4 cups	1/2 pound	1 1/2 pounds	3 pounds
Onions <sup>NC</sup> whole, all sizes	Cooked, pieces	5/8 cup	3 1/8 cups	6 1/4 cups	1/2 pound	1 3/4 pounds	3 1/4 pounds

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## FRESH PRODUCE PURCHASING &amp; PREP GUIDE FOR CHILD CARE PROGRAMS SERVING 1-2 YEAR OLDS\*

LUNCH/SUPPER continued		Amount to prepare			Amount to purchase		
1/8 cup serving of vegetable + 1/8 cup serving of fruit or 2nd vegetable		for 5 servings	for 25 servings	for 50 servings	for 5 servings	for 25 servings	for 50 servings
Food Item **	Preparation						
Oranges all sizes	Sections, membrane removed, diced	⅝ cup	3 ⅞ cups	6 ¼ cups	¾ pound	3 ¾ pounds	7 ¼ pounds
Peaches <sup>NC</sup>	Sliced	⅝ cup	3 ⅞ cups	6 ¼ cups	¼ pound	1 ¼ pounds	2 ½ pounds
Pears <sup>NC</sup> all sizes	Pared, sliced	⅝ cup	3 ⅞ cups	6 ¼ cups	½ pound	1 ¾ pounds	3 ¼ pounds
Peppers, Bell <sup>NC</sup> green, yellow, orange, or red, medium or large, whole	Cooked, drained, strips	⅝ cup	3 ⅞ cups	6 ¼ cups	½ pound	1 ½ pounds	2 ¾ pounds
Pineapple whole	Diced	⅝ cup	3 ⅞ cups	6 ¼ cups	½ pound	2 pounds	4 pounds
Plums <sup>NC</sup> purple, red, or black	Diced	⅝ cup	3 ⅞ cups	6 ¼ cups	¼ pound	1 ¼ pounds	2 ½ pounds
Potatoes <sup>NC</sup> whole, white or russet, all sizes	Cooked, pared, diced	⅝ cup	3 ⅞ cups	6 ¼ cups	½ pound	1 ½ pounds	3 pounds
Snow Peas <sup>NC</sup>	Cooked, drained	⅝ cup	3 ⅞ cups	6 ¼ cups	¼ pound	1 ¼ pounds	2 ¼ pounds
Spinach <sup>NC</sup>	Served cooked	⅝ cup	3 ⅞ cups	6 ¼ cups	½ pound	1 ¾ pounds	3 ½ pounds
Strawberries <sup>NC</sup>	Sliced	⅝ cup	3 ⅞ cups	6 ¼ cups	¼ pound (½ pint)	1 ¼ pounds (1 ¾ pints)	2 ½ pounds (3 ½ pints)
Sweet Potatoes <sup>NC</sup>	Cooked, mashed	⅝ cup	3 ⅞ cups	6 ¼ cups	½ pound	2 ½ pounds	4 ¾ pounds
Sweet Potatoes <sup>NC</sup>	Baked	⅝ cup	3 ⅞ cups	6 ¼ cups	½ pound	2 pounds	4 pounds
Tomatoes <sup>NC</sup> whole, all sizes	Diced	⅝ cup	3 ⅞ cups	6 ¼ cups	½ pound	1 ¾ pounds	3 ½ pounds
Watermelon <sup>NC</sup> whole	Diced, no rind	⅝ cup	3 ⅞ cups	6 ¼ cups	½ pound	2 ¼ pounds (⅞ large)	4 ¼ pounds (¼ large)
Yellow Squash <sup>NC</sup>	Sliced, cooked, drained	⅝ cup	3 ⅞ cups	6 ¼ cups	½ pound	1 ½ pounds	3 pounds
Zucchini <sup>NC</sup>	Sliced, cooked, drained	⅝ cup	3 ⅞ cups	6 ¼ cups	¼ pound	1 ¼ pounds	2 ½ pounds

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SNACK 1 serving of fruit/vegetable = 1/2 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 <sup>NC</sup>	Peeled, cored, sliced	2 ½ cups	12 ½ cups	25 cups	¾ pound	3 ½ pounds	7 pounds
Avocados	Peeled, sliced	2 ½ cups	12 ½ cups	25 cups	2 pounds	9 ¼ pounds	18 ¼ pounds
Bananas	Sliced 1 banana = ½ cup	2 ½ cups	12 ½ cups	25 cups	1 ½ pounds	7 pounds	14 pounds
Cantaloupe <sup>NC</sup> whole	Diced	2 ½ cups	12 ½ cups	25 cups	1 ¾ pounds	8 ¾ pounds (~5 melons)	17 ½ pounds (~9 melons)
Clementines	Peeled, diced	2 ½ cups	12 ½ cups	25 cups	1 ¼ pounds	5 ¾ pounds	11 ¼ pounds
Green Beans <sup>NC</sup> whole, untrimmed	Cooked, diced	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ½ pounds	9 pounds
Honeydew Melon <sup>NC</sup> whole	Diced	2 ½ cups	12 ½ cups	25 cups	2 ¼ pounds	10 ¼ pounds	20 ½ pounds
Nectarines <sup>NC</sup> all sizes	Diced	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¾ pounds	9 ½ pounds
Oranges all sizes	Sections, membrane removed, diced	2 ½ cups	12 ½ cups	25 cups	3 pounds	14 ½ pounds	28 ¾ pounds
Peaches <sup>NC</sup>	Sliced	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¾ pounds	9 ½ pounds
Pears <sup>NC</sup> all sizes	Pared, sliced	2 ½ cups	12 ½ cups	25 cups	1 ½ pounds	6 ½ pounds	12 ¾ pounds
Peppers, Bell <sup>NC</sup> green, yellow, orange, or red, medium or large, whole	Cooked, drained, strips	2 ½ cups	12 ½ cups	25 cups	1 ¼ pounds	5 ¾ pounds	10 ¼ pounds
Pineapple whole	Diced	2 ½ cups	12 ½ cups	25 cups	1 ¾ pounds	8 pounds	15 ¾ pounds
Plums <sup>NC</sup> purple, red, or black	Diced	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ¾ pounds	9 ½ pounds
Snow Peas <sup>NC</sup>	Cooked, drained	2 ½ cups	12 ½ cups	25 cups	1 pound	4 ½ pounds	9 pounds
Strawberries <sup>NC</sup>	Sliced	2 ½ cups	12 ½ cups	25 cups	1 pound (1 ½ pints)	5 pounds (6 ¾ pints)	9 ¾ pounds (13 pints)
Sweet Potatoes <sup>NC</sup>	Baked	2 ½ cups	12 ½ cups	25 cups	1 ¾ pounds	7 ¾ pounds	15 ¼ pounds
Tangerines	Peeled, diced	2 ½ cups	12 ½ cups	25 cups	1 ½ pounds	6 ½ pounds	13 pounds
Watermelon <sup>NC</sup> whole	Diced, no rind	2 ½ cups	12 ½ cups	25 cups	1 ¾ pounds	8 ¾ pounds (½ large)	16 ½ pounds (1 large)

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