

# Produce Storage and Serving Guide: La Crosse YMCA Child Care

**For Breakfast: 2 & Under: 1/4 cup fruit and Over 2: 1/2 cup fruit.  
For Snack: 2 & Under and Over 2: 1/2 cup total of fruit/vegetable.  
(\*Except Friday snack is any leftovers of Fruit/Vegetable)**

Product	Serving Size	How to "Ideally" Store	When Are They Ripe?	Typical Shelf Life	How to "Ideally" Serve
<b>Fruit:</b>					
<b>Apple</b>	1/4 apple = 1/4 cup 1/2 apple = 1/2 cup	Store in the refrigerator if able.	Ripe when received.	90-240 days if refrigerated	Apples should be washed and sliced. Do not cut all at once. Cut what you need to start and serve in a bowl.
<b>Bananas</b>	1(8-9") = 1 cup 1 (6") = 1/2 cup (1# = ~ 3 bananas)	Store at room temperature. If there is fridge space, they can be stored in the refrigerator. Note: the skin will turn brown but the inside of the banana will be fresh	Ripe when yellow.	3-7 days	Bananas should be rinsed. Child can peel their own.
<b>Asian Pear</b>	1/4 asian pear = 1/4 cup 1/2 asian pear = 1/2 cup	Store at room temperature for up to 1 week. Then in the refrigerator for up to 3 months.	Ripe when received. Unlike regular pears, asian pears resemble apples and remain hard and will not soften.	1 week at room temperature. Up to 3 months in refrigerator.	Asian Pears should be washed and sliced. Do not cut all at once. Cut what you need to start and serve in a bowl.
<b>Berries</b>	Varies				
Blueberries	1 tbsp (w/other fruit)	Store in the refrigerator.	Ripe when received.	Couple of days, use ASAP	Wash just before serving. Served in a bowl for passing.
Blackberries	1 tbsp (w/other fruit)	Store in the refrigerator.	Ripe when received.	Couple of days, use ASAP	Wash just before serving. Served in a bowl for passing.
Raspberries	1 tbsp (w/other fruit)	Store in the refrigerator.	Ripe when received.	Couple of days, use ASAP	Wash just before serving. Served in a bowl for passing.
Strawberries	Breakfast: 1/4 cup for 2 & Under 1/2 cup for Over 2 Snack: 1/2 cup	Store in the refrigerator.	Ripe when received.	Couple of days, use ASAP	Wash just before serving. Served in a bowl for passing.
<b>Clementine</b>	1/2 clementine = 1/4 cup 1 clementine = 1/2 cup	Store in the refrigerator if able.	Ripe when received.	Up to 2 weeks	Clementines should be rinsed. Child can peel their own.
<b>Grapes</b>	~ 7 grapes = 1/4 cup ~14 grapes = 1/2 cup	Store in the refrigerator.	Ripe when received.	Pre-Packaged-has Use by Date. Fresh should be used within 1 week	Pre-packaged grapes are offered in package. Bulk grapes should be washed and offer stems of grapes in bowls.
<b>Kiwi</b>	1 Kiwi = 1/4 cup fruit 2 Kiwi = 1/2 cup fruit	Should be stored at room temperature until ripe. Once ripe placed in the refrigerator.	Yield to slight pressure.	Up to 2 weeks, but use within 1 week	Kiwi should be washed and sliced in half. Serve kiwi halves in a bowl for passing.
<b>Melons</b>					
Cantaloupe	Breakfast: 1/4 cup for 2 & Under 1/2 cup for Over 2 Snack: 1/2 cup	Store unripe melon for 3-4 days at room temperature. Once ripe store in the refrigerator and use ASAP.	Have a typical odor and yield to slight pressure on stem end.	Couple of days, use ASAP	Melon should be washed before cutting. Cut melon in to 1/2 moon pieces, while leaving the rind attached. Serve cut melon in a bowl for passing.
<b>Product</b>	<b>Number of Servings</b>	<b>How to "Ideally" Store</b>	<b>When Are They Ripe?</b>	<b>Typical Shelf Life</b>	<b>How to "Ideally" Serve</b>

Honeydew	Breakfast: 1/4 cup for 2 & Under 1/2 cup for Over 2 Snack: 1/2 cup	Store unripe melon for 3-4 days at room temperature. Once ripe store in the refrigerator and use ASAP.	Have a typical odor and yield to slight pressure on stem end.	Couple of days, use ASAP	Melon should be washed before cutting. Cut melon in to 1/2 moon pieces, while leaving the rind attached. Serve cut melon in a bowl for passing.
Watermelon	Breakfast: 1/4 cup for 2 & Under 1/2 cup for Over 2 Snack: 1/2 cup	Store at room temperature or refrigerator if possible.	Ripe once received, will not ripen further.	Up to 2 weeks, but use within 1 week	Melon should be washed before cutting. Cut melon in to triangle pieces, while leaving the rind attached. Serve cut melon in a bowl for passing.
<b>Orange</b>	1/2 orange = 1/4 cup 1 orange = 1/2 cup	Store in the refrigerator if able.	Ripe when received.	Up to 2-3 weeks if refrigerated	Oranges should be washed and sliced. Do not cut all at once. Cut what you need to start and serve in a bowl.
<b>Peach</b>	1/2 peach = 1/4 cup fruit 1 peach = 1/2 cup fruit	Should be stored at room temperature until ripe. Once ripe use ASAP or place in the refrigerator and use within 1 week.	Yield to slight pressure.	Use within 1 week	Peaches should be washed and cut in half and served in a bowl. Do not cut all at once. Cut what you need to start and serve in a bowl.
<b>Pear</b>	1 pear = 3/4 cup fruit	Should be stored at room temperature until ripe. Once ripe placed in the refrigerator and used ASAP.	Yield to slight pressure.	Use within 1 week	Pears should be washed and cut in half and served in a bowl. Do not cut all at once. Cut what you need to start and serve in a bowl.
<b>Pineapple</b>	1/4 cup chopped = 1/4 cup 1/2 cup chopped = 1/2 cup	Should be stored at room temperature until cut and then refrigerated.	Ripe when received.	Use within 1 week	Pineapple should be washed and cut in to cubes. Serve cut pineapple in a bowl for passing.
<b>Plum</b>	1/2 plum = 1/4 cup fruit 1 plum = 1/2 cup fruit	Should be stored at room temperature until ripe. Once ripe use ASAP or place in the refrigerator and use within 1 week.	Yield to slight pressure.	Use within 1 week	Plums should be washed and cut in half and served in a bowl. Do not cut all at once. Cut what you need to start and serve in a bowl.

**Vegetable servings are 1/4 cup as they are always offered with 1/4 cup fruit to equal 1/2 cup fruit/vegetable serving.**

<b>Vegetable:</b>					
Carrots	1/4 cup per child	In the refrigerator	Ripe when received.	Use by expiration date	Offer carrots in a bowl to pass.
Cauliflower	1/4 cup per child	In the refrigerator	Ripe when received.	Use within 1 week	Offer cauliflower in a bowl to pass.
Cucumber	1/4 cup per child	In the refrigerator	Ripe when received.	Use within 1 week	Wash and serve sliced in a bowl to pass
Broccoli	1/4 cup per child	In the refrigerator	Ripe when received.	Use within 1 week	Wash and serve sliced in a bowl to pass
Pepper Strips	1/4 cup per child	In the refrigerator	Ripe when received.	Use within 1 week	Wash and serve sliced in a bowl to pass
Zucchini	1/4 cup per child	In the refrigerator	Ripe when received.	Use within 1 week	Wash and serve sliced in a bowl to pass

**\*Some fruits must be ripe before they are refrigerated. If they are not ripe when you receive them, keep them at room temperature to ripen, then place them in the refrigerator. \* This applies to the fruits below:**

**Kiwi**

**Peaches/Nectarines**

**Pears**

**Plums**