

# Extra Produce Guide

Food waste is a common challenge with the NFVP. Schools have shared they sometimes have excess produce and aren't sure what to do with it.

Here are some ideas:

- Email [nfvp@healthunit.ca](mailto:nfvp@healthunit.ca) and request a reduction in your produce amounts
- Serve in your school's student nutrition program
- Place whole fruit in baskets around the school for students to help themselves
- Use the produce in [a recipe](#) (this also allows students to be exposed to a food in a new way)
- Send home with students
- Make available to school staff
- Share with another school
- [Freeze](#) produce for a future use
- Donate to an organization
- [Compost](#) scraps and spoiled produce

## Recipe Ideas

### Quick Reference

Fruits	<a href="#">Smoothie</a>	<a href="#">Infused Water</a>	<a href="#">Fruit Kabob</a>	<a href="#">Fruit Sauce</a>	<a href="#">Parfait</a>	<a href="#">Pancake</a>	<a href="#">Fruit Crisp</a>	<a href="#">Popsicle</a>
Apples	x		x	x	x	x	x	x
Strawberries	x	x	x		x	x	x	x
Blueberries	x	x	x		x	x	x	x
Grapes			x		x			
Pears	x		x	x			x	x
Clementines		x	x					
Plums	x		x		x		x	x
Nectarines & Peaches	x		x		x		x	x

<b>Vegetables</b>	<a href="#">Soup</a>	<a href="#">Frittata</a>	<a href="#">Stir Fry</a>	<a href="#">Mini Pizza</a>	<a href="#">Salad</a>	<a href="#">Tomato Sauce</a>	<a href="#">Quick Pickles</a>	<a href="#">Infused Water</a>
<b>Grape Tomatoes</b>	X	X		X	X	X		
<b>Cucumbers</b>					X		X	X
<b>Carrots</b>	X		X		X			
<b>Sugar Snap &amp; Snow Peas</b>			X		X			
<b>Peppers</b>	X	X	X	X	X			

[Smoothie](#) - for extra fruit like strawberries, blueberries, nectarines, and pears

Add fresh or frozen fruit to a blender along with yogurt, milk (or milk alternative) and banana (optional) and blend until smooth. If desired, you could turn your smoothie mixture into popsicles (see below).

Recipe idea: [Creamy smoothie](#)

[Infused Water](#)– for extra produce like clementines and cucumbers

Cut slices of clementines and/or cucumbers and add to a pitcher of water with ice.

[Fruit Kabob](#) – for any extra fruit

Cut various fruit into cubes and slide onto a skewer. You may also add chunks of cheese if desired.

Recipe idea: [Fruit skewers with maple yogurt dip](#)

[Fruit Sauce](#) – for extra apples and pears

Add peeled and cored apple or pears to a pot along with lemon juice, sugar, cinnamon and water and cook until soft. If desired, mash or blend until your desired texture has been reached. Fruit sauce can also be made in a slow cooker.

Recipe idea: [Slow cooker applesauce](#) (p. 22)

[Parfait](#) – for any extra fruit

Cut fruit into small pieces. Add yogurt to a cup/bowl followed by fruit pieces and topped with granola.

Recipe idea: [Strawberry breakfast parfait](#)

[Pancake](#) – for extra fruit like berries and apples

Add cut-up fruit into pancake batter or use as a topping after pancakes are cooked.

Recipe idea: [Brunch berry bake](#) (omit almonds if nut-free school)

[Fruit Crisp](#) – for extra fruit like berries, apples, pears, and nectarines

Add frozen or fresh fruit to a baking pan and top with a crumble mixture. Bake until top is golden brown.

Recipe idea: [Apple and berry crisp](#)

[Popsicle](#) - for extra fruit like strawberries, blueberries, and nectarines

Puree fruit with yogurt and milk (or milk alternative) in a blender and spoon mixture into popsicle mold. Freeze until solid.

Recipe idea: [Frozen smoothie pops](#)

[Frozen Fruit](#) – for any extra fruit

Wash, pat dry, peel (as needed), cut off stems/blemishes, cut into small pieces, place on a tray in a single layer, freeze, and store in an airtight container or bag. Frozen fruit can be used in smoothies, popsicles, parfaits, infused water etc.

Video: [How to freeze fruit and vegetables](#)

[Soup](#) – for extra vegetables like carrots, grape tomatoes, and peppers

Sauté aromatic vegetables (e.g., onions, celery, garlic) in oil. Add cut up vegetables, soup broth, and spices. Bring to a boil and reduce heat to simmer until vegetables are tender. Add milk or cream if you want a creamy soup. Transfer to a blender in batches or blend with an immersion blender if you want a pureed soup.

Recipe idea: [Vegetable minestrone soup](#)

[Frittata](#) – for extra vegetables like grape tomatoes and peppers

Whisk together eggs, milk, salt, and pepper. Cook your choice of vegetables on a skillet with oil and add in the egg mixture once the vegetables are tender. Add grated cheese to the top if desired. Cook until the eggs are set (can be cooked in oven or on stovetop). Individual frittatas can also be made in muffin tins and baked.

Recipe idea: [Caprese muffin-tin frittatas](#)

[Stir Fry](#) – for extra vegetables like sugar snap or snow peas, carrots, and peppers

Cut up all the vegetables you would like to include in the stir fry such as snap peas, carrots, peppers or celery. Add into a pan with oil, soy sauce and any of your preferred spices. You can also add a source of protein (e.g., chicken, tofu) and serve over a grain (e.g., rice, rice noodles). Cook until vegetables are soft.

Recipe idea: [Sesame tofu stir fry](#)

[Mini Pizza](#) – for extra vegetables like grape tomatoes and peppers

Top flatbreads of your choice (e.g., tortilla, naan, pita) or English muffins with pizza sauce, chopped vegetable toppings, and shredded cheese. Bake in oven until cheese and toppings are browned to your liking.

Recipe idea: [Flatbread pizza](#)

[Salad](#) – for any extra vegetables

Add lettuce and chopped vegetables to a bowl along with any other toppings (e.g., quinoa, rice, tofu, beans, chicken) and toss with a salad dressing.

Recipe idea: [Great Greek salad](#) (p. 35)

[Tomato Sauce](#) – for extra grape tomatoes

Roast grape tomatoes with onions, garlic, oil, and spices for an hour. Serve with cooked pasta.

Recipe idea: [Pasta with roast tomato sauce](#)

[Quick Pickles](#) – for extra cucumbers

Wash and cut up cucumbers into your desired shape and size. Combine water, vinegar, sugar and salt in a bowl. Stir until sugar and salt are dissolved. Place prepared cucumbers into a jar and pour the liquid mixture into the jar until the cucumbers are fully submerged. Cover with lid and refrigerate for at least two hours. Store in the refrigerator for up to one month.

Recipe idea: [Easy fridge pickles](#)