



Menu Planning

Serving NC grown fruits and vegetables in your child care center or family child care home most likely means that you need to think about planning your menu in a different way.

You will need to consider *which fruits and vegetables are in season in North Carolina at a given time*, and whether your farmer or local produce supplier can provide certain foods to you. Use the “What’s in Season” chart to learn about when certain fruits and vegetables can be harvested in North Carolina and to learn what never grows in North Carolina (like bananas and oranges).

Building your menus based on what is currently in season locally often means you will pay less for that food because it is available in abundance. It also means it is fresh.