

# Shelf-Stable Allowed Fruits



Any variety of whole or cut shelf-stable fruit without any added fats, oils, sugars or sodium

Canned or single serve containers including fruit cups in their own juice or 100% juice or fruit cups with no added spices

Applesauce with fruit flavors is allowed, such as strawberry applesauce, as well as cinnamon applesauce with no added sugar

Organic fruits

Any shelf stable canned or cut fruit that has fruit as the first ingredient listed

# Shelf-Stable Allowed Vegetables



Any variety of whole or cut shelf-stable vegetable without any added fats, oils or herbs

Vegetables can be regular or low in sodium (salt)

Vegetables without added noodles, nuts or sauces

Immature beans including green beans and sprouts, peas or lentils

Canned or single serve containers

Vegetable must be the first ingredient listed

Organic vegetables

Shelf-stable mixed vegetables with added spices or herbs

Canned potatoes of any variety

# Shelf-Stable Fruits and Vegetables: Not Allowed

Canned or single serve fruits or vegetables where fruit or vegetable is not listed as the first ingredient

Mixed vegetables with added noodles, rice or sauces

Fruits or vegetables with added sugar such as high fructose corn syrup

Fruit with added seeds/grains like chia seeds or oats

Creamed vegetables (e.g., creamed corn)

Dry fruit and nut mixtures

Dried or fresh herbs

Fruit in gel

