

Allowed Shelf-Stable 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, including squeeze pouches, with no added sugar
- Organic fruits
- Any shelf-stable canned or cut fruit that has fruit as the first ingredient listed

Allowed Shelf-Stable Vegetables



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

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