



Northern Fruit and Vegetable Program (NFVP)
2022-2023

MENU

Week of Delivery	Program Week	Items	Handling	Comments
Monday, January 9, 2023	1	apples mini cucumbers	Do not require refrigeration if used within 2 to 3 days of delivery Remove inner package from shipping carton and refrigerate immediately	
Monday, January 16, 2023	2	clementines mini peppers	Do not require refrigeration if used within 2 to 3 days of delivery Remove inner package from shipping carton and refrigerate immediately	
Monday, January 23, 2023	3	pears grape tomatoes	Do not require refrigeration if used within 2 to 3 days of delivery Never refrigerate and use within 2 to 3 days of delivery. Tomatoes are chill sensitive and cold ruins flavour.	
Monday, January 30, 2023	4	blueberries sugar snap or snow pea ranch dip	Refrigerate immediately Refrigerate immediately Refrigerate immediately	
Monday, February 6, 2023	5	apple sauce cups mini carrots	Does not require refrigeration as product is shelf stable. Remove inner package from shipping carton and refrigerate immediately	
Monday, February 13, 2023	6	clementines mini cucumbers	Do not require refrigeration if used within 2 to 3 days of delivery Remove inner package from shipping carton and refrigerate immediately	
Monday, February 20, 2023				NO DELIVERIES DUE TO FAMILY DAY WEEK
Monday, February 27, 2023	7	pears mini peppers	Do not require refrigeration if used within 2 to 3 days of delivery Remove inner package from shipping carton and refrigerate immediately	
Monday, March 6, 2023	8	blueberries grape tomatoes	Refrigerate immediately Never refrigerate and use within 2 to 3 days of delivery. Tomatoes are chill sensitive and cold ruins flavour.	
Monday, March 13, 2023				NO DELIVERIES DUE TO SPRING BREAK WEEK
Monday, March 20, 2023	9	grapes sugar snap or snow pea ranch dip	Refrigerate immediately Refrigerate immediately Refrigerate immediately	
Monday, March 27, 2023	10	apples mini carrots	Do not require refrigeration if used within 2 to 3 days of delivery Remove inner package from shipping carton and refrigerate immediately	
Monday, April 3, 2023	11	clementines mini cucumbers	Do not require refrigeration if used within 2 to 3 days of delivery Remove inner package from shipping carton and refrigerate immediately	
Monday, April 10, 2023				NO DELIVERIES DUE TO EASTER MONDAY WEEK
Monday, April 17, 2023	12	pears mini peppers	Do not require refrigeration if used within 2 to 3 days of delivery Remove inner package from shipping carton and refrigerate immediately	
Monday, April 24, 2023	13	strawberries grape tomatoes	Refrigerate immediately Never refrigerate and use within 2 to 3 days of delivery. Tomatoes are chill sensitive and cold ruins flavour.	
Monday, May 1, 2023	14	apples sugar snap or snow pea ranch dip	Do not require refrigeration if used within 2 to 3 days of delivery Refrigerate immediately Refrigerate immediately	
Monday, May 8, 2023	15	grapes mini carrots	Refrigerate immediately Remove inner package from shipping carton and refrigerate immediately	
Monday, May 15, 2023	16	nectarines mini cucumbers	Do not require refrigeration if used within 2 to 3 days of delivery Remove inner package from shipping carton and refrigerate immediately	
Monday, May 22, 2023				NO DELIVERIES DUE TO VICTORIA DAY WEEK
Monday, May 29, 2023	17	apples mini peppers	Do not require refrigeration if used within 2 to 3 days of delivery Remove inner package from shipping carton and refrigerate immediately	
Monday, June 5, 2023	18	clementines grape tomatoes	Do not require refrigeration if used within 2 to 3 days of delivery Never refrigerate and use within 2 to 3 days of delivery. Tomatoes are chill sensitive and cold ruins flavour.	
Monday, June 12, 2023	19	nectarines sugar snap or snow pea ranch dip	Do not require refrigeration if used within 2 to 3 days of delivery Refrigerate immediately Refrigerate immediately	LAST WEEK OF DELIVERIES FOR SCHOOLS THAT END DURING THE WEEK OF JUNE 19
Monday, June 19, 2023	20	apples mini cucumbers	Do not require refrigeration if used within 2 to 3 days of delivery Remove inner package from shipping carton and refrigerate immediately	LAST WEEK OF DELIVERIES FOR SCHOOLS THAT END DURING THE WEEK OF JUNE 26

* ITEMS SUBJECT TO CHANGE DUE TO AVAILABILITY

