

Northern Fruit and Vegetable Program
Programme de Distribution de Fruits et Légumes dans le Nord de l'Ontario

2025

MENU

Week of Delivery	Program Week	Items	Handling	Comments
January 6, 2025	1	Apples	Do not require refrigeration if used within 2 to 3 days of delivery	
		Mini Cucumbers	Remove inner package from shipping carton and refrigerate immediately	
January 13, 2025	2	Clementines	Do not require refrigeration if used within 2 to 3 days of delivery	
		Mini Peppers	Remove inner package from shipping carton and refrigerate immediately	
January 20, 2025	3	Pears	Do not require refrigeration if used within 2 to 3 days of delivery	
		Mini Carrots	Remove inner package from shipping carton and refrigerate immediately	
January 27, 2025	4	Blueberries	Refrigerate immediately	
		Grape Tomatoes	Do not refrigerate	
		Ranch Dip	Refrigerate immediately	
February 3, 2025	5	Seedless Grapes - Red	Refrigerate immediately	
		Sugar Snap Peas	Refrigerate immediately	
February 10, 2025	6	Apples	Do not require refrigeration if used within 2 to 3 days of delivery	
		Mini Cucumbers	Remove inner package from shipping carton and refrigerate immediately	
February 17, 2025	NO DELIVERIES DUE TO FAMILY DAY WEEK			
February 24, 2025	7	Clementines	Do not require refrigeration if used within 2 to 3 days of delivery	
		Mini Peppers	Remove inner package from shipping carton and refrigerate immediately	
March 3, 2025	8	Pears	Do not require refrigeration if used within 2 to 3 days of delivery	GREAT BIG CRUNCH MARCH 7
		Mini Carrots	Remove inner package from shipping carton and refrigerate immediately	
March 10, 2025	NO DELIVERIES DUE TO SPRING BREAK WEEK			
March 17, 2025	9	Strawberries	Refrigerate immediately	
		Grape Tomatoes	Do not refrigerate	
		Ranch Dip	Refrigerate immediately	
March 24, 2025	10	Seedless Grapes - Red	Refrigerate immediately	
		Sugar Snap Peas	Refrigerate immediately	
March 31, 2025	11	Apples	Do not require refrigeration if used within 2 to 3 days of delivery	
		Mini Cucumbers	Remove inner package from shipping carton and refrigerate immediately	
April 7, 2025	12	Clementines	Do not require refrigeration if used within 2 to 3 days of delivery	
		Mini Peppers	Remove inner package from shipping carton and refrigerate immediately	
April 14, 2025	13	Pears	Do not require refrigeration if used within 2 to 3 days of delivery	
		Mini Carrots	Remove inner package from shipping carton and refrigerate immediately	
April 21, 2025	NO DELIVERIES DUE TO EASTER MONDAY WEEK			
April 28, 2025	14	Blueberries	Refrigerate immediately	
		Grape Tomatoes	Do not refrigerate	
		Ranch Dip	Refrigerate immediately	
May 5, 2025	15	Seedless Grapes - Red	Refrigerate immediately	
		Sugar Snap Peas	Refrigerate immediately	
May 12, 2025	16	Apples	Do not require refrigeration if used within 2 to 3 days of delivery	
		Mini Cucumbers	Remove inner package from shipping carton and refrigerate immediately	
May 19, 2025	NO DELIVERIES DUE TO VICTORIA DAY WEEK			
May 26, 2025	17	Clementines	Do not require refrigeration if used within 2 to 3 days of delivery	
		Mini Peppers	Remove inner package from shipping carton and refrigerate immediately	
June 2, 2025	18	Pears	Do not require refrigeration if used within 2 to 3 days of delivery	
		Mini Carrots	Remove inner package from shipping carton and refrigerate immediately	
June 9, 2025	19	Apples	Do not require refrigeration if used within 2 to 3 days of delivery	LAST WEEK OF DELIVERIES FOR SCHOOLS
		Mini Cucumbers	Remove inner package from shipping carton and refrigerate immediately	THAT END DURING THE WEEK OF JUNE 16
June 16, 2025	20	Clementines	Do not require refrigeration if used within 2 to 3 days of delivery	LAST WEEK OF DELIVERIES FOR SCHOOLS
		Mini Peppers	Remove inner package from shipping carton and refrigerate immediately	THAT END DURING THE WEEK OF JUNE 23/30