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Who Is USHBC?

The U.S. Highbush Blueberry Council (USHBC) is a grower-driven organization working to be the global leader in knowledge, programs, and resources used and shared by the blueberry industry.

We support domestic and international farmers who have a passion for growing delicious and high-quality blueberries that inspire your students to grab a boost of blue.

Through collaboration and innovation, USHBC is moving our industry forward to bring you the best-quality fruit and share the endless possibilities of blueberries.
Blueberry Formats for K-12 Foodservice

Fresh Blueberries

Definition & Processing
Fresh blueberries are harvested, precooled, sorted, washed, and packaged for delivery.

Use Case
Due to their minimal processing, fresh blueberries have a relatively short shelf life. They are very delicate and will get crushed in industrial equipment. For these reasons, fresh blueberries may be better suited for applications with gentle processing such as hand placement and foodservice applications such as salads or parfaits.

Individually Quick Frozen Blueberries

Definition & Processing
Fresh ripe blueberries are harvested, precooled, washed, and individually quick frozen.

Use Case
IQF blueberries are a fantastic substitute in most cases for fresh berries in a plant environment. Once cooked, it is hard to distinguish IQF berries from fresh berries. They provide the burst and juiciness of a fresh berry while having a long shelf life. Because they are free flowing, as opposed to case frozen or straight pack blueberries, IQF berries can usually be processed frozen. IQF berries provide the individual fresh fruit identity, so any formulation where the fruit identity is important would benefit from IQF.

Case Frozen Blueberries

Definition & Processing
Fresh ripe blueberries are harvested, precooled, washed, and frozen in 30-pound cases.

Use Case
Identical uses to IQF blueberries. In some instances, there may be slightly more clumping of berries and juice/water crystals making these berries best for uses where they are pureéd such as smoothies, sauces, and compotes.

Year-Round Availability of Blueberries

Blueberries thrive under clear blue skies, with hot days and cool nights. They’re native to North America where the harvest runs from early spring to early fall.

During the North American winter, South America is experiencing summer, and our international farmers keep fresh blueberries available from fall to early spring.

<table>
<thead>
<tr>
<th>FRESH BLUEBERRIES</th>
<th>JAN</th>
<th>FEB</th>
<th>MAR</th>
<th>APR</th>
<th>MAY</th>
<th>JUN</th>
<th>JUL</th>
<th>AUG</th>
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FROZEN BLUEBERRIES

<table>
<thead>
<tr>
<th>Domestic</th>
<th>International</th>
<th>Year-Round Frozen Blueberries</th>
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U.S. Highbush Blueberry Council
## National School Lunch Program Meal Pattern Chart

<table>
<thead>
<tr>
<th>Food Components</th>
<th>GRADES K-5</th>
<th>GRADES 6-8</th>
<th>GRADES 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits (cups)</td>
<td>5 (1)</td>
<td>5 (1)</td>
<td>5 (1)</td>
</tr>
<tr>
<td>Vegetables (cups)</td>
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</tr>
<tr>
<td>Dark green</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Red/Orange</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<tr>
<td>Beans and peas (legumes)</td>
<td>0</td>
<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Starchy</td>
<td>0</td>
<td>0</td>
<td>0</td>
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<tr>
<td>Other</td>
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<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Grains (oz eq)</td>
<td>7-10 (1)</td>
<td>8-10 (1)</td>
<td>9-10 (1)</td>
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<tr>
<td>Meats/Meat Alternates (oz eq)</td>
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<td>0</td>
<td>0</td>
</tr>
<tr>
<td>Fluid Milk (cups)</td>
<td>5 (1)</td>
<td>5 (1)</td>
<td>5 (1)</td>
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</tbody>
</table>

### Other Specifications: Daily Amount Based on the Average for a 5-Day Week

- **Min-max calories (kcal)**: 350-500, 400-550, 450-600
- **Saturated fat (% of total calories)**: <10, <10, <10
- **Sodium Target 1 (mg)**: ≤540, ≤600, ≤640
- **Trans fat**

**Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.**

---

## National School Breakfast Program Meal Pattern Chart

<table>
<thead>
<tr>
<th>Food Components</th>
<th>GRADES K-5</th>
<th>GRADES 6-8</th>
<th>GRADES 9-12</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruits (cups)</td>
<td>2½ (½)</td>
<td>2½ (½)</td>
<td>5 (1)</td>
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<tr>
<td>Vegetables (cups)</td>
<td>3% (4%)</td>
<td>3% (4%)</td>
<td>5 (1)</td>
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<tr>
<td>Dark green</td>
<td>½</td>
<td>½</td>
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<tr>
<td>Red/Orange</td>
<td>¾</td>
<td>¾</td>
<td>1¼</td>
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<tr>
<td>Beans and peas (legumes)</td>
<td>½</td>
<td>½</td>
<td>½</td>
</tr>
<tr>
<td>Starchy</td>
<td>½</td>
<td>½</td>
<td>½</td>
</tr>
<tr>
<td>Other</td>
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<td>½</td>
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<tr>
<td>Grains (oz eq)</td>
<td>8-9 (1)</td>
<td>8-9 (1)</td>
<td>10-12 (2)</td>
</tr>
<tr>
<td>Meats/Meat Alternates (oz eq)</td>
<td>8-10 (1)</td>
<td>9-10 (1)</td>
<td>10-12 (2)</td>
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<tr>
<td>Fluid Milk (cups)</td>
<td>5 (1)</td>
<td>5 (1)</td>
<td>5 (1)</td>
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</table>

### Other Specifications: Daily Amount Based on the Average for a 5-Day Week

- **Min-max calories (kcal)**: 550-650, 600-700, 750-850
- **Saturated fat (% of total calories)**: <10, <10, <10
- **Sodium Interim Target 1 (mg)**: ≤1,230, ≤1,360, ≤1,420
- **Sodium Interim Target 1A (mg)**: ≤1,110, ≤1,225, ≤1,280
- **Trans fat**

**Nutrition label or manufacturer specifications must indicate zero grams of trans fat per serving.**

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**Notes:**
- Food items included in each group and subgroup and amount equivalents. Minimum creditable serving is 1 cup. A single-quarter cup of dried fruit counts as 1/3 cup of fruit. 1 cup of leafy greens counts as 1/2 cup of vegetables. No more than half of the fruit or vegetable offerings may be in the form of juice. All juice must be 100% full-strength. 100% fruit juice must be served in quantities of 4 oz or less. 100% fruit juice that does not exceed 4 oz is acceptable. See §210.10(c)(2)(iii)(B) of this chapter. 1 cup of leafy greens should be served in the form of leafy greens (not from a vegetable subcategory). 1 cup of leafy greens should not be included with leafy greens included in another vegetable subgroup (e.g., legumes, vegetables, or “Other vegetables” subgroup, as defined in §210.10(c)(2)(iii)(E) of this chapter). 4 to 5% of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance, and the remaining grains offered must be enriched. Foods may be offered from each vegetable subgroup, as defined in §210.10(c)(2)(iii) of this section. For the purposes of the NSLP, the “Other vegetables” subgroup may be offered to meet the total weekly vegetable requirement. 1 cup of vegetables from 1 oz. eq. subgroup may be offered to meet the total weekly vegetable requirement, but it must be offered in one serving size of 3/4 cup or less. No more than 1/2 cup of fluid milk with fat content greater than 1% is allowed per week. Only unflavored milk is allowed. Schools must offer only unflavored milk at each meal service. 1 ounce of meat/meat alternate must meet the minimum daily grains requirement to meet the nutrient standards. See §210.10(c)(2)(iii)(D) of this chapter. 1 cup of milk must be offered daily at each meal service. 1 cup of milk may be offered at least 4 times per week. 1 cup of milk must be offered at least 4 times per week at each meal service. 1 cup of milk is the minimum requirement. 1 cup of milk may be counted toward the grain requirement. 1 cup of milk may be counted toward the grain requirement. 1 cup of milk must be offered at least 4 times per week at each meal service. See §210.10(c)(2)(iii)(G) of this chapter. 1 0z. eq. of meat/meat alternate may be offered as a substitute for 1 oz. eq. of grains after the minimum daily grains requirement is met. The minimum daily grains requirement is met if at least 80% of grains offered weekly meet the whole grain-rich criteria specified in FNS guidance, and the remaining grains offered must be enriched. At least 80% of grains offered weekly must meet the whole grain-rich criteria specified in FNS guidance. 1 0z. eq. of meat/meat alternate may be offered to meet the minimum daily grains requirement. See §210.10(c)(2)(iii)(H) of this chapter. 1 0z. eq. of meat/meat alternate may be offered to meet the minimum daily grains requirement. 1 0z. eq. of meat/meat alternate may be offered to meet the minimum daily grains requirement. 1 0z. eq. of meat/meat alternate may be offered to meet the minimum daily grains requirement. 1 0z. eq. of meat/meat alternate may be offered to meet the minimum daily grains requirement.
Blueberry Recipe Inspiration

Unleash your culinary creativity with the endless recipe possibilities using blueberries. The recipes below can offer boundless inspiration to spruce up your school menus.
The U.S. Highbush Blueberry Council recently partnered with Chef Rachel Petraglia, Culinary Coordinator/Executive Chef for Gwinnett County Public School District, which covers greater metro Atlanta and includes 139 K-12 schools and over 177,000 students, to bring more blueberries to their menus. This partnership sparked excellent menu innovation and resulted in two new permanent menu items, Blueberry Overnight Oats and a Blueberry Smoothie, as well as a number of additional menu integrations for blueberries.

Specifically, frozen blueberries proved to be an impressively labor-efficient and cost-effective option. “With frozen blueberries, there’s no waste. We use them year-round in anything, and even use the liquid that we drain from thawing them for lemonade and barbecue sauce,” said Chef Rachel. In addition to the weekly menued smoothies and overnight oats, Chef Rachel’s team has been utilizing blueberries in vinaigrettes, salads, sauces, and fruit bakes. She explains, “From a back-of-house perspective, our newest managers didn’t even need to be trained on how to thaw and use frozen blueberries because the berries and their uses were so intuitive.” Chef Rachel also shared, “Initially we worried that blueberries might be more expensive, but we found that frozen blueberries were right in line with many other fruits we were using, like canned pineapple and frozen peaches.”

When asked how these menu items were received, Chef Rachel said, “Blueberries played so well throughout the district. From students to teachers to principals ... blueberries, being colorful and a superfruit yet still approachable, have been easy to sell and market. We will definitely keep using blueberries on our menus.”

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**Blueberry Overnight Oats**

- Breakfast oatmeal, uncooked
- Brown sugar
- Cinnamon, ground
- 2% Milk
- Vanilla yogurt
- Blueberries, frozen

**Blueberry Smoothie**

- Blueberries, frozen
- Vanilla yogurt
- Clover honey

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Servings: 50

1. In a large mixing bowl, combine oats, brown sugar, and cinnamon.
2. Add milk and yogurt, combine.
3. Portion mixture into 12-ounce cups – ¼ cup each.
4. Top with ½ cup blueberries.
5. Cover and refrigerate overnight.

Servings: 100

1. Place blueberries in large blender and blend for 4 minutes or until smooth.
2. Add yogurt and honey to blender. Blend 1 minute.
Blueberry Nutrition: Health Benefits of This Superfood

One serving (a handful or a cup) of blueberries:

- Contains just 80 calories and only naturally occurring sugars
- Contributes essential nutrients including vitamin C, vitamin K, manganese, and phytonutrients called polyphenols
- The group of polyphenols includes anthocyanins (163mg/100g), which are compounds that give blueberries their blue color
- Is a good source of fiber

For more information regarding blueberry nutrition, please visit https://healthprofessionals.blueberry.org/

Grab a Boost of Blue!

The Blueberry Method

An easy, healthy, and nutritious solution to eating well—just grab a handful, rinse, and enjoy.

Boost your daily recommended servings of fruit!

Get 4 essential nutrients.

1. Fiber
   - Heart health, feeling full, staying regular, keeping cholesterol in check
2. Vitamin C
   - Antioxidants, immune system
3. Vitamin K
   - Bone metabolism, regulating blood clotting
4. Manganese
   - Converting proteins, carbs, and fats into energy, bone development

1 Serving = 80 Calories

Fresh or frozen blueberries are infinitely snackable. Whether you’re just grabbing a handful on the go or sprinkling them into your favorite recipes for a healthful boost, you’ll love how versatile your blueberry stash can be!

Blueberry Turmeric Smoothie

Blueberry Cinnamon Streusel Toast

Breakfast Blue-Rito

Blueberry Pistachio Parfait

An easy way and nutritious solution to eating well—just grab a handful, rinse, and enjoy!

Marketing Materials (digital, print-ready files)
Blueberry Activities for Students

(d) - Blossoming blueberry maze

(e) - Blueberry word search

(f) - Brain buster