

# Grab a Boost of Blue: USDA Frozen Blueberries

## The Kitchen-Ready, Stress-Free Solution

Frozen blueberries are picked at the peak of ripeness and frozen straight from the farm, ensuring your students get “fresh-from-the-field” flavor all year long.

(USDA item # 110623 in 12/2.5 pound bags and item # 110624, 30 pound case of IQF blueberries. Both provide 11.9 - 1/4 cup F/V servings per pound.)<sup>[1]</sup>

Plus, they're a simple, no-stress snack and the perfect addition to the dishes kids love!



## Powerful Nutrition in Every Berry

Blueberries contain anthocyanins – (163 mg/100 g) – the plant compounds responsible for that vibrant blue color.

### Kids also benefit from:



#### Cognitive support

Limited but emerging research findings are encouraging regarding blueberry consumption and potential cognitive benefits for kids.<sup>[2]</sup>



#### Nutrient density

A single cup delivers Vitamin C (3.88 mg), Vitamin K (25.4 µg) and Potassium (83.7 mg).<sup>[3]</sup>



#### Great taste

A delicious way to help students meet their daily recommended fruit intake.

# Zero Prep, Infinite Possibilities

From the cafeteria line to snack breaks, frozen blueberries are the ultimate "no-prep" ingredient:

- ★ **Easy to serve:** Use them as a simple, chilled snack or a "grab-and-go" side.
- ★ **Versatile:** The perfect addition to yogurt parfaits, overnight oats, smoothies, whole-grain muffins and more.
- ★ **Zero waste:** Pour out only what you need; keep the rest frozen for the next service.



Scan for recipes!



## References:

- <sup>[1]</sup> <https://foodbuyingguide.fns.usda.gov/MasFoodItems/Index>
- <sup>[2]</sup> Bell L and Williams CM. Blueberry benefits to cognitive function across the lifespan. *Int J Food Sci Nutr.* 2021 72:650 (Children 7-10).
- <sup>[3]</sup> U.S. Department of Agriculture, Agricultural Research Service. FoodData Central. Blueberries, frozen, unsweetened.