

Northern Fruit and Vegetable Program (NFVP) 2022-2023

MENU

Week of Delivery	Program Week	ITEMS	Handling	Comments
Monday, January 9, 2023	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	
Monday, January 16, 2023 Monday, January 23, 2023	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	
	3	pears	Do not require refrigeration if used within 2 to 3 days of delivery	
	•	grape tomatoes	Never refrigerate and use within 2 to 3 days of delivery. Tomatoes are chill sensitive and	
		grape torriatoes	cold ruins flavour.	
Monday, January 30, 2023	4	blueberries	Refrigerate immediately	
		sugar snap or snow peas	Refrigerate immediately	
		ranch dip	Refrigerate immediately	
Monday, February 6, 2023	5	apple sauce cups	Does not require refrigeration as product is shelf stable	
		mini carrots	Remove inner package from shipping carton and refrigerate immediately	
Monday, February 13, 2023	6	clementines	Do not require refrigeration if used within 2 to 3 days of delivery	
Monday, I Cordary 13, 2023	·	mini cucumbers	Remove inner package from shipping carton and refrigerate immediately	
		mini cucumbers	Remove miler package from shipping carton and remigerate infinediately	NA DELIVERIES DUE TO TAXABLE DAVIDER
Monday, February 20, 2023				NO DELIVERIES DUE TO FAMILY DAY WEEK
Monday, February 27, 2023	7	pears	Do not require refrigeration if used within 2 to 3 days of delivery	
		mini peppers	Remove inner package from shipping carton and refrigerate immediately	
Monday, March 6, 2023	8	blueberries	Refrigerate immediately	
	-	grape tomatoes	Never refrigerate and use within 2 to 3 days of delivery. Tomatoes are chill sensitive and	1
		8	cold ruins flavour.	
Na			Cold fulls fluvour	NO DELIVERIES DUE TO CORING DREAK WEEK
Monday, March 13, 2023				NO DELIVERIES DUE TO SPRING BREAK WEEK
Monday, March 20, 2023	9	grapes	Refrigerate immediately	
	-	sugar snap or snow peas	Refrigerate immediately	1
		ranch dip	Refrigerate immediately	
Monday Moreh 27 2022	10			
Monday, March 27, 2023	10	apples	Do not require refrigeration if used within 2 to 3 days of delivery	
		mini carrots	Remove inner package from shipping carton and refrigerate immediately	
Monday, April 3, 2023	11	clementines	Do not require refrigeration if used within 2 to 3 days of delivery	
		mini cucumbers	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	blueberries	Refrigerate immediately	
	12			
		mini peppers	Remove inner package from shipping carton and refrigerate immediately	
Monday, April 24, 2023	13	clementines	Do not require refrigeration if used within 2 to 3 days of delivery	
		grape tomatoes	Never refrigerate and use within 2 to 3 days of delivery. Tomatoes are chill sensitive and	
			cold ruins flavour.	
Monday, May 1, 2023				
Monday, May 1, 2023	14	greenhouse strawberries	Refrigerate immediately	
Monday, May 1, 2023	14	greenhouse strawberries sugar snap or snow peas	Refrigerate immediately Refrigerate immediately	
Monday, May 1, 2023	14	sugar snap or snow peas	Refrigerate immediately	
		sugar snap or snow peas ranch dip	Refrigerate immediately Refrigerate immediately	
Monday, May 1, 2023	14	sugar snap or snow peas ranch dip grapes	Refrigerate immediately Refrigerate immediately Refrigerate immediately	
Monday, May 8, 2023	15	sugar snap or snow peas ranch dip grapes mini carrots	Refrigerate immediately Refrigerate immediately Refrigerate immediately Refrigerate immediately Remove inner package from shipping carton and refrigerate immediately	
		sugar snap or snow peas ranch dip grapes mini carrots nectarines	Refrigerate immediately Refrigerate immediately Refrigerate immediately Refrigerate immediately Remove inner package from shipping carton and refrigerate immediately Do not require refrigeration if used within 2 to 3 days of delivery	
Monday, May 8, 2023 Monday, May 15, 2023	15	sugar snap or snow peas ranch dip grapes mini carrots	Refrigerate immediately Refrigerate immediately Refrigerate immediately Refrigerate immediately Remove inner package from shipping carton and refrigerate immediately	
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