



Date: March 6, 2014

## NUTRITION AND INGREDIENT STATEMENT

4oz Diced Peaches in 100% Fruit Juice - FOODSERVICE

PID 3573

Rev. 3

<b>Nutrition</b>		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
<b>Facts</b>	<b>Total Fat</b> 0g		0%	<b>Potassium</b> 90mg	3%
	Saturated Fat 0g		0%	<b>Total Carbohydrate</b> 19g	6%
	<i>Trans</i> Fat 0g			Dietary Fiber 1g	4%
	<b>Cholesterol</b> 0mg		0%	Sugars 18g	
<b>Calories</b> 80	<b>Sodium</b> 5mg		0%	<b>Protein</b> less than 1g	
Calories from Fat 0	Vitamin A 4%			Vitamin C 45%	
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Calcium 0%			Iron 0%	
INGREDIENTS: PEACHES, WHITE GRAPE JUICE FROM CONCENTRATE (WATER, WHITE GRAPE JUICE CONCENTRATE), LEMON JUICE FROM CONCENTRATE (WATER, LEMON JUICE CONCENTRATE), NATURAL FLAVORS, ASCORBIC ACID (TO PROMOTE COLOR RETENTION), AND CITRIC ACID.					

Quality Assurance  
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# School Wellness Program



**GENERATING**  
**Healthy Choices *for* Future Generations.**



**DOLE. Your Fruit Solutions Partner.**

**Providing:**

DOLE Fruit Bowls®

DOLE Menu Merchandising Materials

Grow with DOLE

Online Resources



# Trusted DOLE® Brand Leading the Way!

## USDA School Meal Programs

The food industry is working to meet the changes in the USDA nutrition guidelines on school meal programs. The USDA now requires schools to serve fruit daily both at breakfast and lunch. The upgrades to the nutritional standards, established on the latest institute of medicine studies, were created to make significant improvements to the nutritional components in school meals.

### Nutrition Guidelines:

- Add more fruits, vegetables, whole grains, fat-free and low-fat meals
- Limit the levels of saturated fat, sodium, calories, and trans fats
- Make meals more consistent with Dietary Guidelines for Americans
- Improve the nutrients offered in school meals
- Promote children's intake of fiber, potassium and magnesium
- Allow schools to offer fruit that is fresh, frozen without sugar, dried, or canned in fruit juice, water, or light syrup



## Fruit Requirements:

- 1 Cup of Fruit for Breakfast in All Grades
- 1/2 Cup of Fruit for Lunch in Elementary Schools
- 1/2 Cup of Fruit for Lunch in Middle Schools
- 1 Cup of Fruit for Lunch in High Schools
- 1/4 Cup of Fruit for À La Cart Smart Snacks in All Grades
- No More Than 1/2 of the Fruit Offerings May be in the Form of Juice
- 100% Juice Only

TIPS: Offer a DOLE Fruit Bowls® with a Banana or Apple, and you've met the full requirement!  
100% juice-packed fruits count as 3/8 cup fruit + 1/8 cup juice.

## Did You Know?

**DOLE Fruit Bowls® contribute to the requirement demand!**

DOLE Fruit Bowls contribute **3/8 cup fruit** and **1/8 cup juice** toward the requirement for school breakfasts, lunches and after school snacks. DOLE Fruit Bowls, Parfaits and Fruit in Gels all meet the 1/4 cup requirement and qualify for the À La Cart Smart Snacks Program.

Great Snack Any Time!



\*no genetically modified (or engineered) ingredients





What  
DOLE  
can do for  
you!

## Check it Out!

Count on Dole for ideal fruit solutions.

**Price:** Labor savings with ready to serve capabilities.

**Convenience:** Shelf stable, and are easy-open recyclable bowls.

**Flavor & Variety:** Six popular fruits/fruit combinations that are typically not represented in the fresh fruit served in schools.

**Merchandising:** DOLE Menu Merchandising provides FREE merchandising materials that promote a healthy lifestyle and good nutrition.

**Customer Service:** Additional materials with targeted product information and resources available.

## DOLE Fruit Bowls<sup>®</sup> Fruit in 100% Fruit Juice

### Features & Benefits:

- DOLE Fruit Bowls contribute 3/8 cup fruit + 1/8 cup juice toward the fruit requirements
- No artificial sweeteners added
- Shelf stable
- No high-fructose corn syrup, just the refreshing taste of 100% fruit
- New eye-catching graphics
- Excellent source of Vitamin C
- No saturated or trans fat
- Each individually marked with "Best By" date
- Great for use in the À La Carte Smart Snacks Program



### Nutritional Information

4 oz. Serving (113g)

	Calories	Total Fat	Sat. Fat	Trans Fat	Sodium	Potassium	Carbohydrates	Fiber	Sugars	Protein	Vit A	Vit C
<b>Diced Pears in 100% Fruit Juice</b> INGREDIENTS: Pears, Clarified Pineapple Juice From Concentrate (Water, Clarified Pineapple Juice Concentrate), White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Ascorbic Acid (To Promote Color Retention), Natural Flavors, and Citric Acid.	80	0g	0g	0g	0mg	150mg	21g	3g	16g	<1g	0%	45%
<b>Tropical Fruit in 100% Fruit Juice</b> INGREDIENTS: Fruit (Papaya [Red and Yellow], Pineapple), Clarified Pineapple Juice From Concentrate (Water, Clarified Pineapple Juice Concentrate), White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Natural Flavor, Ascorbic Acid (To Promote Color Retention), and Citric Acid.	70	0g	0g	0g	5mg	180mg	17g	1g	16g	<1g	8%	45%
<b>Pineapple Tidbits in 100% Pineapple Juice</b> INGREDIENTS: Pineapple, Pineapple Juice, Ascorbic Acid (To Promote Color Retention), and Citric Acid.	60	0g	0g	0g	0mg	135mg	15g	1g	14g	<1g	0%	50%
<b>Mandarin Oranges in 100% Fruit Juice</b> INGREDIENTS: Mandarin Oranges, Clarified Pineapple Juice From Concentrate (Water, Clarified Pineapple Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Ascorbic Acid (To Promote Color Retention), and Citric Acid.	70	0g	0g	0g	5mg	105mg	17g	<1g	15g	0g	10%	45%
<b>Diced Peaches in 100% Fruit Juice</b> INGREDIENTS: Peaches, White Grape Juice From Concentrate (Water, White Grape Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (To Promote Color Retention), and Citric Acid.	80	0g	0g	0g	5mg	90mg	19g	1g	18g	<1g	4%	45%
<b>Mixed Fruit in 100% Fruit Juice</b> INGREDIENTS: Fruit (Pineapple, Peaches, Pears), Clarified Pineapple Juice From Concentrate (Water, Clarified Pineapple Juice Concentrate), Lemon Juice From Concentrate (Water, Lemon Juice Concentrate), Natural Flavors, Ascorbic Acid (To Promote Color Retention), and Citric Acid.	60	0g	0g	0g	0mg	160mg	16g	1g	15g	<1g	0%	45%

DOLE offers a variety of fruit products and snacks tailored to kids' preferences and appetites:

DOLE Smoothie Starters<sup>®</sup>, DOLE Fruit Bowls - Fruit in 100% Fruit Juice, Fruit in Gel, Fruit Parfait, Fruit Crisp and DOLE Fresh Frozen Fruits among them.



# Endless Opportunities with Dole.

## Your Fruit Solutions Partner.

Dole maintains its strength as a brand consumers love, offering a wide selection of the best tasting products.\*

Dole is committed to being active in developing education programs and offering education-related materials. As part of their dedication, Dole Packaged Foods, LLC. provides premium products that contribute to the USDA guidelines to ensure kids easily meet the daily requirements.

\*Source: Dole Brand Equity Research Milward Brown, September 2012.

## What's the Buzz...

Here is what the schools are saying.

"The quality of the product is excellent and the pre-packaged concept is very beneficial to assist with labor concerns.

The Dole educational materials are colorful and concise."

-*Joanne Kinsey, Chesapeake Public Schools*

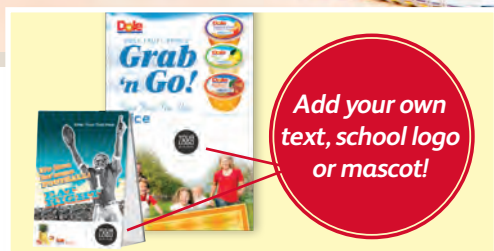
"For our Wellness Event, a registered dietician from our staff met with a group of elementary students to talk about proper nutrition, physical activity and staying healthy. The Dole bookmarks, a copy of the My-Pyramid for Kids and DOLE Pineapple Fruit Bowls® in 100% Fruit Juice were distributed."

-*Kathy Lazor, Montgomery County Schools*

## DOLE Website Dedicated to Schools

Dole has dedicated a section on their website allowing easy navigation of product information, video overviews, educational resources and more! With links detailing the School Wellness Program and all of the value-added benefits of DOLE Fruit Bowls in 100% Fruit Juice, you can explore many informative and fun elements.

Visit [www.dolefoodservice.com/schools](http://www.dolefoodservice.com/schools) to discover promotions and more!



## Menu Merchandising

Promote Good Nutrition and a Healthy Lifestyle.

Simply ask your Dole Sales Rep for information on receiving **FREE** customizable merchandising materials to promote good nutrition and a healthy lifestyle with DOLE Products. Get posters, table tents, feature sheets and more!

## Grow with DOLE®

Healthy, Fun and Helping the Environment.

Here's how it works:

1. For every DOLE Fruit Bowls case purchased, you are eligible to receive **FREE** Grow with DOLE Seed Packet Kit(s) now with basil!
2. Plant these seeds in empty DOLE Fruit Bowls cups to promote:
  - healthy snacking
  - classroom fun
  - keeping our surroundings green

## Innovative Recipes

In a quandry on how to incorporate more fruits?

To discover great recipe ideas across the menu for students of all ages, visit [www.dolefoodservice.com/recipes](http://www.dolefoodservice.com/recipes).

For more information and to contact a Dole Representative, please call 1-800-723-9868.