

SCHOOLS




CELERY



TAKING STALK IN THE BASICS

Celery In Child Nutrition Programs

According to the USDA Food Buying Guide for Child Nutrition Programs:

Vegetables are one of the required components of reimbursable meals in the National School Lunch Program (NSLP) and Child and Adult Care Food Program (CACFP).

Vegetables may be served as part of a reimbursable meal for the School Breakfast Program (SBP) and the Summer Food Service Program (SFSP).

Vegetables may also be served as part of the reimbursable snack for the NSLP Afterschool Snack Service.

Over the course of the week, schools must offer vegetables from specific subgroups established by the Dietary Guidelines for Americans: dark green, red/orange, beans/peas (legumes), starchy, and "other" vegetables.

Celery is part of the "other" vegetable category.

DANDY® CELERY COMES FROM A Family Farming Operation

Dandy® celery is grown and processed by Duda Farm Fresh Foods, a sixth-generation family farming operation founded in 1926. We are the largest grower and processor of fresh-cut celery not only in the United States but also around the world.

We take great pride in offering a broad selection of fresh-cut celery that meets the demands of school nutrition programs. Our fresh-cut celery comes in a variety of formats and pack sizes to meet your needs for a ready-to-use vegetable that can be used in school meal, snack, and catering programs.

CREDITING CELERY

IN SCHOOL MEAL PROGRAMS

Our fresh-cut celery is available in a variety of pack sizes, which offers great flexibility in crediting celery as part of school meals.

A creditable serving of celery is 1/4 cup. 1/4 cup of celery per USDA Food Buying Guide weighs 37 grams.

1

CREDITABLE SERVING
Dandy® Celery Sticks
1.6 ounce bag (45g)

1.5

CREDITABLE SERVINGS
Dandy® Celery Sticks
2.0 ounce bag (57g)

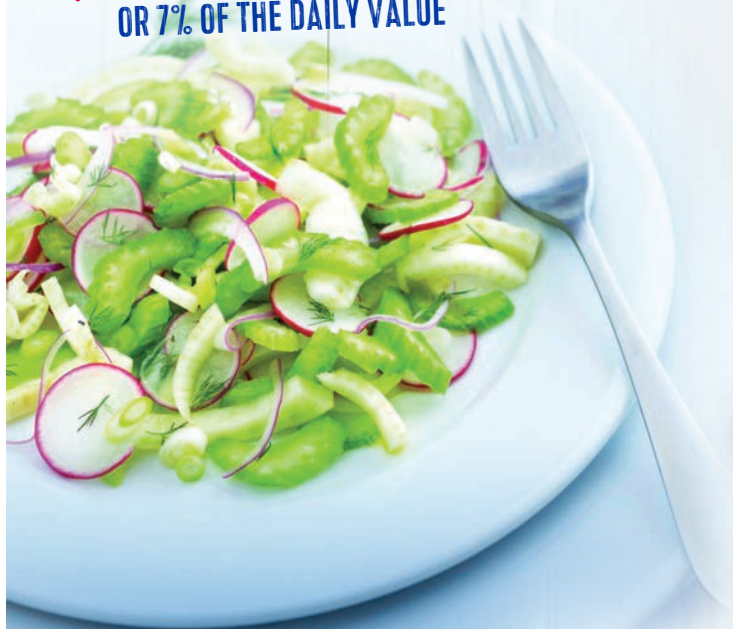
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CREDITABLE SERVINGS
Dandy® Celery Sticks
3.0 ounce bag (85.2g)

CRUNCH ON THIS

Celery Nutrition Facts*

- ♥ **CELERY IS A LOW-CALORIE FOOD**
One serving (110 grams) contains 15 calories.
- ♥ **CELERY IS 95% WATER BY WEIGHT**
- ♥ **CELERY IS A FAT FREE, CHOLESTEROL FREE FOOD**
- ♥ **CELERY IS A LOW-SODIUM FOOD**
One serving contains 88 milligrams of sodium.
- ♥ **CELERY IS A GOOD SOURCE OF FOLATE.**
One serving provides 10% of the Daily Value (DV). Folate promotes heart health.
- ♥ **CELERY IS AN EXCELLENT SOURCE OF VITAMIN K**
One serving provides 40% of the Daily Value. Vitamin K promotes bone health.
- ♥ **ONE SERVING OF CELERY PROVIDES 1.8 GRAMS OF FIBER, OR 7% OF THE DAILY VALUE**



Fat Free

*Nutrient content claims for all foods and beverages are governed by FDA labeling guidelines. The claims are based on an NLEA (National Labeling and Education Act) Serving Size, which for celery is 110 grams.

Storage & Handling Tips

Store in refrigerated conditions between **32-36°F / 0-2°C** and **90-98% humidity**.

Store away from other produce such as garlic, onions, or broccoli. Celery absorbs flavors from other foods.

Celery Yield Information

SLICED/DICED CUTS	YIELD in CUPS	1/4 cup PORTIONS	OUNCES PER CUP
	PER 5 POUND UNIT	PER 5 POUND UNIT	
Diced 1/4"	15 1/4 cups	61	5.25 ounces/cup
Diced 3/8"	15 3/4 cups	63	5.1 ounces/cup
Diced 1/2"	17 cups	68	4.7 ounces/cup
Crescent 1/4"	18 cups	72	4.4 ounces/cup

WHAT DOES THE USDA FOOD BUYING GUIDE SAY ABOUT CELERY?

Meal Component	Category/Subcategory	Food As Purchased, AP	Purchase Unit	Servings per Purchase Unit, EP	Serving Size per Meal Contribution
Vegetable	Other Vegetables/Celery	Celery, fresh Trimmed	Pound	12.20	1/4 cup raw vegetable sticks or strips (about 3 sticks, 1/2 inch by 4 inch sticks)
Vegetable	Other Vegetables/Celery	Celery, fresh Trimmed	Pound	12.5	1/4 cup raw, chopped vegetable
Vegetable	Other Vegetables/Celery	Celery, fresh Trimmed	Pound	12.3	1/4 cup raw, diced vegetable
Vegetable	Other Vegetables/Celery	Celery, fresh Trimmed	Pound	8.70	1/2 cup diced, cooked, drained vegetable
Vegetable	Other Vegetables/Celery	Celery, fresh Trimmed	Pound	8.10	1/4 cup sliced, cooked, drained vegetable
Vegetable	Other Vegetables/Celery	Celery, fresh Sticks, ready-to-use (1/2-inch x 4-inch)	Pound	14.00	1/4 cup raw vegetable (about 3 sticks)
Vegetable	Other Vegetables/Celery	Celery, fresh Diced, Ready-to-use	Pound	12.90	1/4 cup raw vegetable

Source: USDA Food Buying Guide, <https://foodbuyingguide.fns.usda.gov/FoodComponents/ResourceVegetables>

EASY WAYS

To Use Celery in Schools



- ✓ Offer celery sticks with dips like hummus as a vegetable option.
- ✓ Place celery sticks on the salad bar with a variety of dips like Ranch Dressing.
- ✓ Add diced celery to prepared salads for your salad bar program.
- ✓ Offer diced or sliced celery as a crunchy alternative to croutons for your salad bar program.
- ✓ Use diced celery in recipes for mixed dishes for breakfast and lunch as well as your catering program.
- ✓ Offer celery sticks with dip as part of your snack program.
- ✓ Offer celery sticks with peanut butter or sunflower butter for a balanced snack.



CELERY FEATURES & BENEFITS

- Available year-round
- Grown with sweeter flavor, greener color, less strings, and longer shelf life
- 100% useable product:
As Purchased (AP)
= Edible Portion (EP)
- Reduces labor, waste and storage costs
- Arrives washed and ready to use

NATURALLY
SWEETER
&
CRISPIER



DID YOU KNOW?

Celery is part of the “holy trinity” in the Cajun and Creole cuisine of Southern Louisiana. Nearly every savory dish—from jambalaya and étouffée to gumbo—starts with a mixture of diced celery, onions, and green bell peppers. Many credit the term “holy trinity” to Chef Paul Prudhomme, the well-known New Orleans chef of Commander’s Palace and later K-Paul’s.



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plant.
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Want to see your students eating and enjoying more vegetables? Offer celery sticks plus other raw vegetables for dipping in the following delicious dips.

Low-fat Ranch Dressing: Keep it simple. What student doesn’t love Ranch dressing?

Spicy Buffalo Ranch Dressing: Mix low-fat Ranch dressing with low-sodium buffalo wing seasoning mix.

Dilly Ranch Dip: Mix low-fat Ranch dressing with dried dill weed.

Nutty Honey: Mix honey with peanut butter, sunflower butter, or almond butter. Thin with water to create desired consistency.

Peaches & Cream: Mix low-fat cream cheese with diced canned peaches.

Strawberries & Cream: Mix low-fat cream cheese with diced fresh strawberries.

Pineapple Perfection: Mix low-fat cream cheese with canned pineapple tidbits.

Mediterranean Madness: Mix hummus with roasted red peppers and Italian seasoning.

Cowboy Caviar: Mix black beans and corn with salsa.



CELERY PRODUCT SPECS

Diced & Sliced Celery

Item	Pack Size	1/4 Cup Portions		Usage Tips
		Per 5 lb. Bag		
Diced 1/4"	5 lb. bag	61		Great in prepared, cold salads
Diced 3/8"	5 lb. bag	63		Great base for savory hot items
Diced 1/2"	5 lb. bag	68		Great for soups, chilis, stews
Crescent 1/4"	5 lb. bag	72		Great for crunchy salad toppings

Celery Sticks

Item	Pack Size	Credit As	Usage Tips
1.6 oz/50 ct	50 ct.	1 vegetable	Perfect for K-8 grade students
1.6 oz/75 ct	75 ct.	1 vegetable	Perfect for K-8 grade students
1.6 oz/150 ct	150 ct.	1 vegetable	Perfect for K-8 grade students
3.0 oz/96 ct	96 ct.	2 vegetables	Ideal for 9-12 grade students

GET DANDY® CELERY

Are you ready for quality, flavor and better nutrition for your students? Duda Farm Fresh Foods works with most national foodservice distributors for easy, convenient delivery to your school.

Contact any of these fine distributors to inquire about how to incorporate Dandy® fresh-cut celery today!

- Sysco
- Fresh Point
- US Foodservice
- Amerifresh
- Performance Food Group
- Pro-Act
- Markon

If your current distributor is not listed, please email sales@duda.com to inquire about your specific distributor.



Dandy Fresh Produce



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