



Product Description

- This item is U.S. Grade B or better frozen blueberries in the native (wild) variety that are unsweetened. Product is delivered frozen in eight 3-pound packages.

Crediting/Yield

- One case of wild blueberries provides about 180 1/2-cup servings of thawed fruit.
- CN Crediting: 1/2 cup thawed blueberries credits as 1/2 cup fruit.

Culinary Tips and Recipes

- Add wild blueberries in frozen form to smoothies, muffins, or pancake batters.
- Serve frozen wild blueberries in fruit salads or yogurt. Cook and serve as a topping for hot cereals, whole grain pancakes, or waffles.
- To find culinary techniques and recipe ideas, visit the [Institute of Child Nutrition](#) or [USDA's Team Nutrition](#).

Food Safety Information

- For more information on safe storage and cooking temperatures, and safe handling practices, please refer to: [Developing a School Food Safety Program Based on the Process Approach to HACCP Principles](#).

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Nutrition Facts

Serving size: 1/2cup (70g) blueberries, wild, frozen, unsweetened

Amount Per Serving	
Calories	40
Total Fat	0g
Saturated Fat	0g
Trans Fat	0g
Cholesterol	0mg
Sodium	0mg
Total Carbohydrate	9g
Dietary Fiber	3g
Sugars	5g
Protein	0g
Source: USDA Foods Vendor Labels	

Allergen Information: Please refer to allergen statement on the outside of the product package for vendor-specific information. For more information, contact the product manufacturer directly.

Nutrient values in this section are from the USDA Food Composition Database or are representative values from USDA Foods vendor labels. Please refer to the product's Nutrition Facts label or ingredient list for product-specific information.