

Schools LOVE 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 ¼ cup. ¼ cup of celery per USDA Food Buying Guide weights 37 grams.

1

CREDITABLE SERVING

Dandy® Celery Sticks 1.6 ounce bag (45g)

1.5

CREDITABLE SERVING

Dandy® Celery Sticks 2.0 ounce bag (57g)

2

CREDITABLE SERVING

Dandy® Celery Sticks 3.0 ounce bag (85.2g)

Crunch on This

CELERY NUTRITION FACTS*



- **Celery is a Low-Calorie Food.**
One serving of celery (110g) contains 15 calories.
- **Celery is Mostly Water.**
Celery is 95% water by weight.
- **Celery is a Fat-Free, Cholesterol-Free Food.**
Celery contains 0g fat and 0mg of cholesterol.
- **Celery is a Low-Sodium Food.**
One serving of celery (110g) contains 75mg of sodium.
- **Celery Provides Dietary Fiber.**
One serving of celery contains 2g or 7% of the Daily Value (DV).
- **Celery Provides Potassium.**
One serving of celery contains 286mg or 6% of the Daily Value (DV).

*The % Daily Value (DV) tells you how much of a nutrient in a serving of food contributes to a daily diet. 2000 calories a day is used for general nutrition advice.

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 per 5lb. Unit	¼ Cup Portions per 5lb. Unit	Ounces per Cup
Diced ¼"	15 ¼ cups	61	5.2 oz/cup
Diced ⅜"	15 ¾ cups	63	5.1 oz/cup
Diced ½"	17 cups	68	4.7 oz/cup
Crescent ¼"	18 cups	72	4.4 oz/cup

Nutrition

Serving size 2-3 stalks of celery (110g)	Calories 15
Amount Per Serving% Daily Value*	
Total Fat 0g.....0%	
Saturated Fat 0g.....0%	
Trans Fat 0g.....0%	
Cholesterol 0mg.....0%	
Sodium 75mg.....3%	
Total Carbohydrates 4g.....1%	
Dietary Fiber 2g.....7%	
Total Sugar 0g - Includes 0g Added Sugars.....0%	
Protein 0g.....0%	
Vitamin D 0% Calcium 3% Iron 1% Potassium 6%	

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	12.2	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	8.7	1/2 cup diced, cooked, drained vegetable
Vegetable	Other Vegetables /Celery	Celery, fresh Trimmed	Pound	8.1	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	1/4 cup raw vegetable (about 3 sticks)
Vegetable	Other Vegetables /Celery	Celery, fresh Diced, Ready-to-use	Pound	12.9	1/4 cup raw vegetable

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.



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.



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**



Fruits & Veggies

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	¼ Cup Portions Per 5 lb. Bag	Usage Tips
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.

Please email sales@duda.com to inquire about your specific distributor.



407-365-2111
www.dudafresh.com

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