



Receiving Procedures

Following proper receiving procedures ensure we receive the freshest and finest quality produce so that we can deliver the same to our customers.

- ☐ Inspect the temperature of the truck at the time of receiving the delivery. The product shelf life can be affected if the refrigeration of the truck is not at the proper temperature for the duration of time product is transported from the warehouse to the store. Frozen deliveries or products transported at extreme climate temperatures must be reported to MDI customer service immediately at the time of delivery.

Don't Break The Cold Chain

- ☐ When receiving a produce delivery, ensure the cold chain is followed by moving pallets with highly perishable product immediately into the cooler. Do not leave pallets on the loading dock or in the backroom more than 20 minutes of receiving.
- ☐ Variety melons used for cutting must be stored in temperatures not to exceed 40 degrees prior to use.
- ☐ If processed cut fruit or cut veg enters the temperature danger zone (41°F and 135°F) prior to displaying on the salesfloor, move product in the cooler until temps drop below 40 degrees.



HEALTH AND FOOD SAFETY STANDARDS

It is CRITICAL to cover state laws and regulations on handling cut fruit and vegetables to ensure the safety of your associates and customers you serve. Here are the basic health and food standards the must be followed.

- Employee safety standards;
 - Appropriate personal hygiene must be practiced at all times.
 - Follow all state laws for hand washing.
 - Always wear a hair covering (hair net or company approved hat).
 - Always wear a beard guard if applicable.
 - Always wear a cutting glove opposite knife hand. Cover with plastic or latex glove.
- Work station and cutting surface must be cleaned and sanitized before you start and change of species. Prior to use all knives and equipment must be washed, rinsed and sanitized in the produce department 3 compartment sink and then air-dried.
- Process only product that has been maintained at the proper temperature. Fruit items from sales floor must be cooled to proper temperature prior to cutting.
- All fruits and vegetables must be rinsed under room temperature water prior to cutting.
- Use a soft vegetable brush to remove any dirt or debris that reside on the outside surface of the item.
- Appropriate personal hygiene must be practiced at all times. Follow all state laws for hand washing.



PACKAGING AND DATING STANDARDS

- Shelf life and tare weights should be programmed into your scales.
 - Fruit shelf life: the day processed plus 4 days
 - Vegetable shelf life: the day processed plus 5 days
- Do NOT break the cold chain
 - When product has been processed, packaged and scaled, immediately return to the cooler or stock in the appropriate area on the sales floor
- Health laws require that the internal temperature for cut product is maintained no higher than 40 degrees.
 - Product in ice caddies must be covered at least 2/3rd's by ice to maintain the proper internal temperature
 - Product requiring refrigeration must maintain cold chain when sampled



STAFFING NEEDS

In order for an in-store cut fruit and vegetable program to be successful you have to commit to the training and labor required to produce all your value-added fruits and vegetables.

Staffing to make this a successful program averages out to be \$70.00 per labor hour. So as you grow this program be prepared to have a trained efficient associate dedicated to spend 1 hour for every \$70.00 in sales the value added program produces for you.

For example:

- \$1050.00 in sales requires 15 labor hours to produce the product ($\$1050/70 = 15$)
- \$2800.00 in sales requires 40 labor hours to produce the product ($\$2800/70 = 40$)



COUNTRY OF ORIGIN & ORGANIC LAW COMPLIANCE

COOL (Country of Origin) labeling laws must be followed with cut fruit and vegetables. The law still applies in providing the customer with a readily identifiable country of origin source.

Cut fruit or vegetables(i.e.; cored pineapple, sliced strawberries, cut or chunk watermelon, celery sticks) are not exempt and must be labeled. Your scale should be equipped to provide country specific PLU or country information descriptions on all produce. **IMPORTANT NOTE:** cut fruit or vegetables in any medley combinations are exempt.

Organic cut fruit or vegetables must not be comingled with non-organic fruit and vegetables, when sold as value added organic produce. Work station and cutting surface must be cleaned and sanitized before you start and change of species. You must process and clean these areas separately from conventional produce.

INVENTORY CONTROL GUIDE

INVENTORY CONTROL GUIDE (CUT FRUIT)		DAY OF WEEK	DATE			
ITEM DESCRIPTION	size	PAR LEVEL FOR ITEM	PKG COUNT ON HAND	QTY TO BRING TO PAR LEVEL	QTY THROW AWAYS	RETAIL THROW AWAYS
PROCESSED FRESH CUT FRUIT						
Oranges - cut wedges	TS32					
Papaya/ w lime	TS24					
Pineapple - whole cored	2lb round					
Pineapple chunks	TS16					
Pineapple chunks	TS32					
Pineapple w/ red grapes	TS16					
Pineapple w/ red grapes	TS32					
Seedless grapes	TS16					
Seedless grapes	TS24					
Tropical medley - pineapple, papaya, mango	TS24					
Watermelon - cut seedless qtrs.	wrap					
Watermelon - cut halves	wrap					
Watermelon chunks	TS16					
Watermelon chunks	TS32					
Watermelon chunks	tub					
Yogurt Parfait Cups	12oz.					
ORGANIC PROCESSED FRUIT/VEG						
Organic cantaloupe chunks	TS16					
Organic mixed fruit chunks	TS16					
Organic pineapple chunks	TS16					
Organic cored pineapple	2lb round					
Organic strawberries - washed/capped	TS16					
Organic misc veg	TS16					
TOTALS FOR QTY AND RETAIL THROW AWAYS - REPORT TO PDM						

INVENTORY CONTROL GUIDE

INVENTORY CONTROL GUIDE (CUT VEG) DAY OF WEEK _____ DATE _____						
ITEM DESCRIPTION	size	PAR LEVEL FOR ITEM	PKG COUNT ON HAND	QTY TO BRING TO PAR LEVEL	QTY THROW AWAYS	RETAIL THROW AWAYS
PROCESSED CUT VEGETABLES						
Asparagus tips	TS24					
Beans green snap - washed & trimmed	TS32					
Beans green snap - w/ petite carrots	TS32					
Broccoli florets	TS32					
Broccoli/petite carrots	TS32					
Broccoli/cauliflower florets	TS32					
Butternut squash - cubed	TS24					
Cabbage - shredded green, red, carrot	TS32					
Carrot sticks - aqua pack	TS24					
Celery/carrot sticks - aqua pack	TS24					
Celery sticks - aqua pack	TS24					
Cauliflower florets	TS24					
Corn - fresh trimmed 5ct	tray					
Corn - cobettes	tray					
Cucumbers - fancy sliced	TS24					
Fajita mix - sliced yellow onion, green pepper, red pepper, yellow pepper	TS32					
Onions - hamburger slices	TS24					
Onions - diced	TS16					

INVENTORY CONTROL GUIDE

INVENTORY CONTROL GUIDE (CUT FRUIT)			DAY OF WEEK		DATE	
ITEM DESCRIPTION	size	PAR LEVEL FOR ITEM	PKG COUNT ON HAND	QTY TO BRING TO PAR LEVEL	QTY THROW AWAYS	RETAIL THROW AWAYS
PROCESSED FRESH CUT FRUIT						
Berries mixed - strawberries, blueberries, blackberries, raspberries	TS16					
Berries mixed - strawberries, blueberries, blackberries, raspberries	TS24					
Berries strawberries - capped & washed	TS16					
Berries strawberries - capped & washed	TS32					
Berries - strawberry w/ kiwi	TS16					
Berries - strawberry w/ kiwi	TS24					
Cantaloupe - cut halves w/ strawberries	wrap					
Cantaloupe chunks	TS16					
Cantaloupe chunks	TS32					
Citrus medley - peeled oranges & grapefruit	TS32					
Honeydew - cut halves w/ strawberries	wrap					
Honeydew chunks	TS16					
Honeydew chunks	TS24					
Kiwi - peeled & sliced	TS16					
Lemon/Lime wedges	TS16					
Melon cut slices - cantaloupe, honeydew	tray					
Melon cut slices - watermelon	tray					
Melon mixed chunks - cantaloupe, honeydew, watermelon	TS16					
Melon mixed chunks - cantaloupe, honeydew, watermelon	TS32					
Mixed Fruit - pineapple, cantaloupe, honeydew, red grapes	TS16					
Mixed Fruit - pineapple, cantaloupe, honeydew, red grapes	TS32					
Mixed Fruit Premium - pineapple, cantaloupe, honeydew, red grapes, strawberries, blueberries, kiwi, mango	tub					

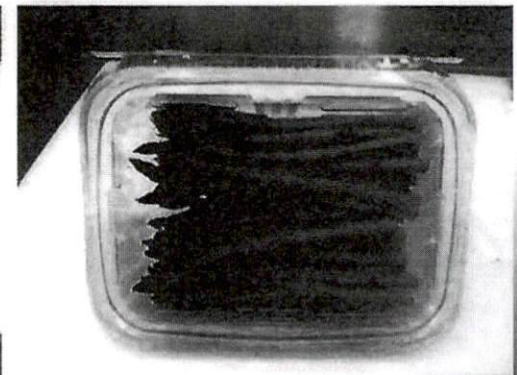
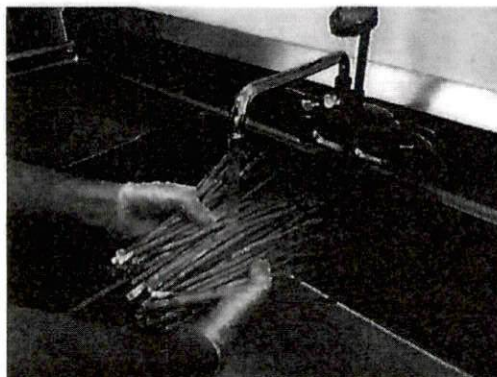
CUT FRUIT & VEG ITEM RANKING LIST

Rank	Item	Rank	Item
1	PREMIUM MIXED FRUIT	26	BROCCOLI CAULIFLOWER
2	PINEAPPLE IN-STORE CORED	27	DICED PEPPERS
3	MIXED BERRIES	28	GRILLING VEGETABLES
4	MIXED FRUIT	29	CAULIFLOWER FLORETS
5	PINEAPPLE CHUNKS	30	KIWI - PEELED & SLICED
6	STRAWBERRIES WASHED/CAPPED	31	VEGETABLE PLATTER
7	CANTALOUPE CHUNKS	32	HONEYDEW CHUNKS
8	STRAWBERRIES & KIWI	33	SWEET PEPPER RINGS
9	WATERMELON CHUNKS/SPEARS	34	STUFFED PORTABELLAS
10	SEEDLESS GRAPES WASHED	35	STIR FRY VEGETABLES
11	MELON MIXED CHUNKS	36	GREEN BEANS WASHED & SNAPPED
12	TRAY PACK WHITE CORN	37	CITRUS MEDLEY
13	PINEAPPLE W/RED GRAPES	38	VEGETABLE TRAY
14	CELERY STICKS - AQUA PK	39	BROCCOLI N PETITE CARROTS
15	FAJITA MIX	40	SWEET POTATO CUBES
16	ASPARAGUS TIPS	41	PREMIUM FRUIT TRAY
17	YOGURT PARFAIT - KIT	42	TROPICAL MEDLEY
18	CUCUMBERS - FANCY SLICED	43	VEG STEW MIX VEGGIES
19	BUTTERNUT SQUASH	44	CUT MELON SLICES
20	CARROT STICKS - AQUA PK	45	SOUP MIX VEGGIES
21	PEPPERS - MIXED SLICED	46	GREEN PEPPERS - SLICED
22	YELLOW/ZUCCHINI SQUASH	47	ORANGES - CUT WEDGES
23	DICED ONIONS	48	SNAP BEANS W/CARROTS
24	VEGETABLE MEDLEY	49	ONION - HAMBURGER SLICES
25	BROCCOLI FLORETS	50	SHREDDED CABBAGE



Asparagus Tips

- Ingredients – Fresh Asparagus
- PLU –
- Package - TS24
- Preparation – Select a 1lb bunch of asparagus with firm stalks and tight tips. Separate bunch and rinse under tepid water, careful not to over wet tip ends. Cut off stalk ends to container length. Hand place in container.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$7.99 lb.
- Average Gross Profit – 60%



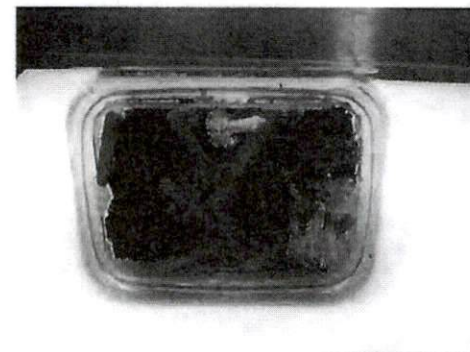
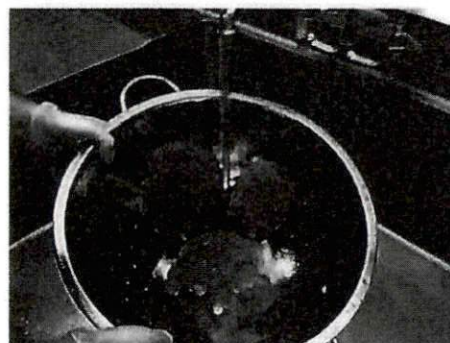
INVENTORY CONTROL GUIDE

INVENTORY CONTROL GUIDE (CUT VEG)			DAY OF WEEK	DATE		
ITEM DESCRIPTION	size	PAR LEVEL FOR ITEM	PKG COUNT ON HAND	QTY TO BRING TO PAR LEVEL	QTY THROW AWAYS	RETAIL THROW AWAYS
Peppers diced	TS16					
Peppers green - sliced	TS32					
Pepper mixed rings - green, red, yellow or orange	TS32					
Peppers mixed sliced - green, red, yellow or orange	TS32					
Portabella mushroom - stuffed cap w/ cheese & jalapeno	tray					
Potato roasters - red potato, rosemary	TS32					
Soup mix - red potato, celery, carrots, onions, snap beans	tub					
Squash sliced - yellow/zucchini	TS24					
Stew mix - red potatoes, celery, onions, carrots, bay leaf	tub					
Sweet potato - peeled & cubed	TS32					
Vegetables grilling - chunk peppers, squash, onions & brown mushroom	TS32					
Vegetable kabob	tray					
Vegetable medley - broccoli, cauliflower, baby carrots	TS32					
Vegetable platter - broc,cauli,carrot,cucumber,celery, grape tomato	TS32					
Vegetables stir fry - broccoli, baby carrots, yellow squash, snap peas	TS32					
TOTALS FOR QTY AND RETAIL THROW AWAYS - REPORT TO PDM						



Broccoli Florets w/ Petite Carrots

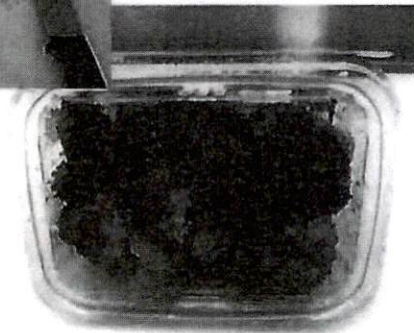
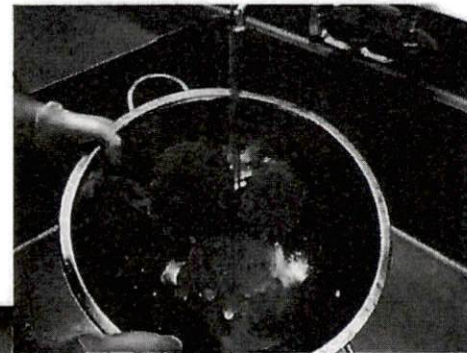
- Ingredients – Fresh Broccoli Crowns, Petite Baby Carrots
- PLU –
- Package – TS32
- Preparation – Select firm green crowns. Rinse under tepid water in colander. Cut off stem end by hand so florets come apart. Add equal amounts of petite baby carrots. Place in container.
- Scale and label on bottom..
- Place Simply Fresh Label on top Center.
- SRP - \$3.99 lb.
- Average Gross Profit – 57%





Broccoli Florets

- Ingredients – Fresh Broccoli Crowns
- PLU –
- Package – TS32
- Preparation – Select firm green crowns. Rinse under tepid water in colander. Cut off stem end by hand so florets come apart. Place in tray.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP 3.99 lb.
- Average Gross Profit – 57%





Butternut Squash - cubed

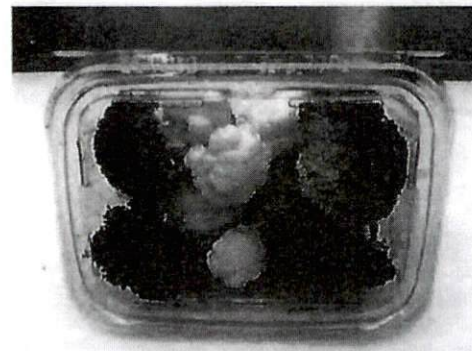
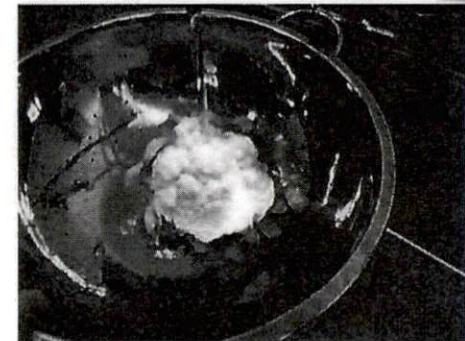
- Ingredients – Whole Butternut Squash
- PLU – - USA
- PLU – - Mexico
- Package – TS24
- Preparation – Select a whole butternut squash and rinse under tepid water to remove any dirt or dust. Cut at neck and set aside bulb end. Take long neck, stand on end and peel outer skin with knife. Slice in half lengthwise and scoop out seeds. Cut each half again lengthwise. Cut each lengthwise piece into cube size pieces about 1-1 ½" in length. Fill container with cubes. OPTIONAL: Take remaining bulb, cut in half, scoop out seeds. Fill each cavity with fresh kale and overwrap with film. Scale separately.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.99
- Average Gross Profit – 67%





Broccoli/ Cauliflower Florets

- Ingredients – Fresh Broccoli Crowns, Cauliflower
- PLU –
- Package – TS32
- Preparation – Select firm green broccoli crowns. Cut off stem end by hand so florets come apart. Select clean white cauliflower and process the same as broccoli. Rinse under tepid water in colander. Place in container.
- Scale and label on bottom.
- Place Simply Fresh Label on top Center.
- SRP - \$4.49 lb.
- Average Gross Profit – 58%

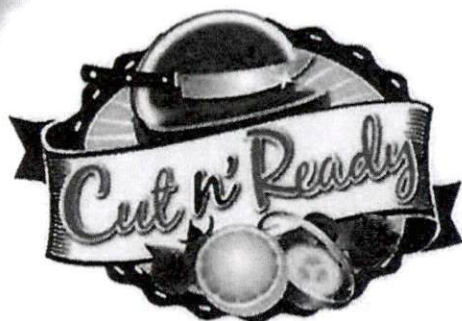




Cabbage Shredded

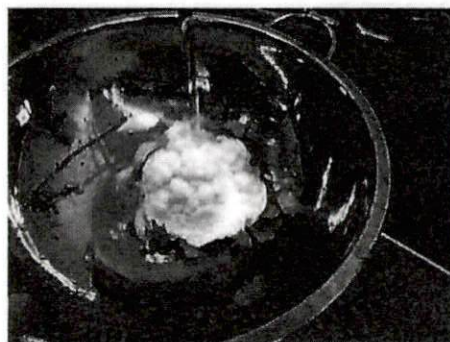
- Ingredients – Green Cabbage, Red Cabbage, Bag Shredded Carrots
- PLU –
- Package – TS32 or tub
- Preparation – Select a firm head of green cabbage. Select a firm head of red cabbage. Rinse both under tepid water. Remove outer leaves. Cut the red head in half. Return one half head to the rack. Cut the green head in half. Remove core. Slice both halves separately in thin strips with knife or on slicer. Set aside. Slice the red half the same. Set aside. Take one bag of carrot shreds. Into container, measure 2/3 green, 1/3 red and a sprinkling of carrot shreds on top.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- Retail - \$3.99
- Gross Profit – 67%





Cauliflower Florets

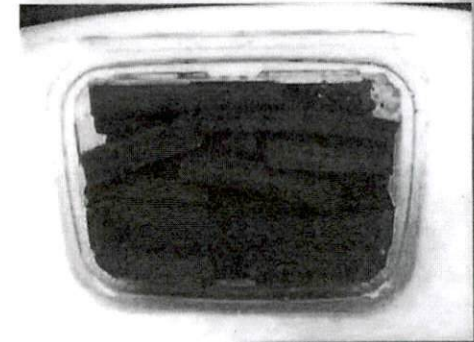
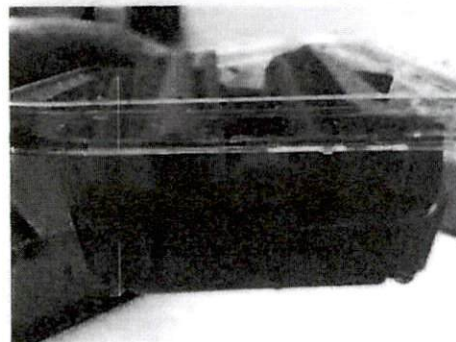
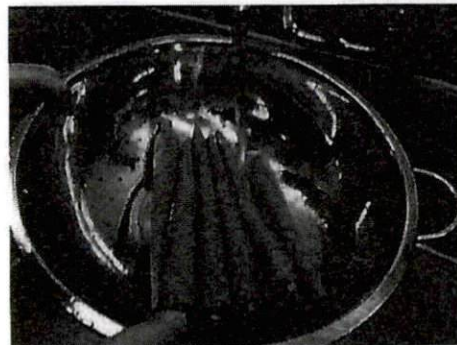
- Ingredients – Fresh Cauliflower
- PLU –
- Package – TS32
- Preparation – Select firm green broccoli crowns. Cut off stem end by hand so florets come apart. Select clean white cauliflower and process the same as broccoli. Rinse under tepid water in colander. Place in container.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$4.49 lb.
- Average Gross Profit – 59%





Carrot Sticks – aqua pack

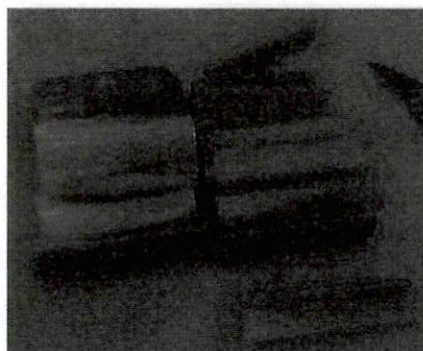
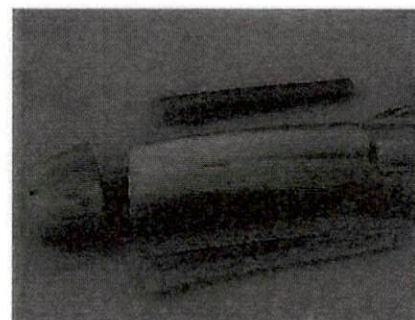
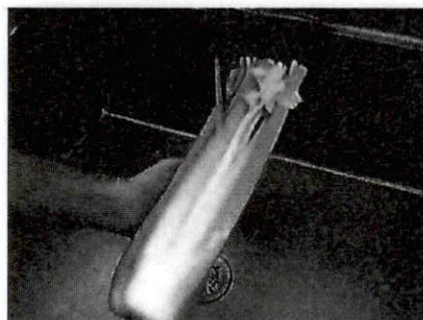
- Ingredients – Whole Carrots
- PLU –
- Package – TS24
- Preparation – Select 2-3 whole carrots and peel. Cut off ends. Slice carrots lengthwise into sticks and then cut in half. Place in tray as shown. Fill container with enough water to cover bottom, about $\frac{1}{4}$ ".
- Verify correct country of origin
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$2.99 ea.
- Average Gross Profit – 58%





Celery Sticks – aqua pack

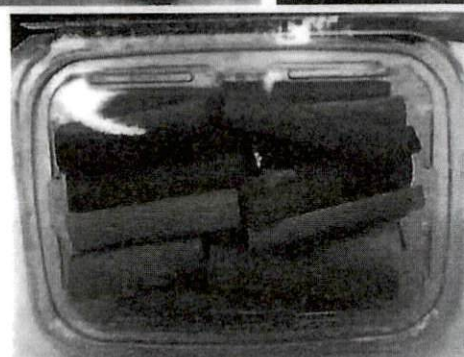
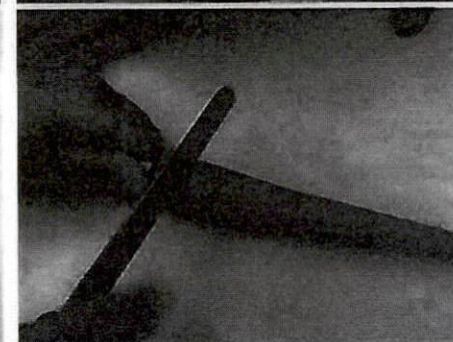
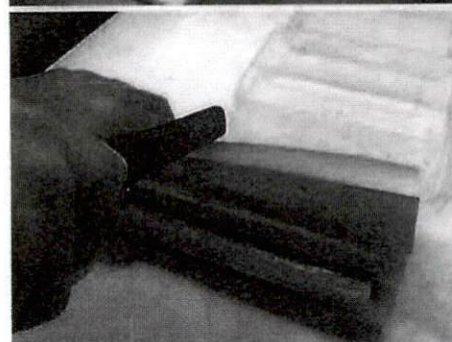
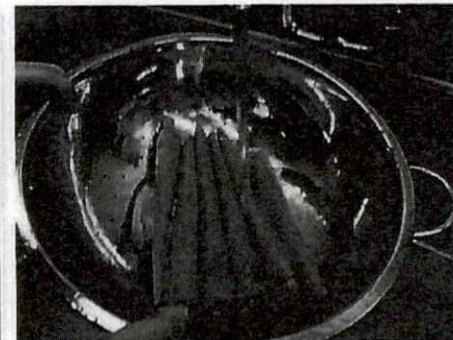
- Ingredients – Fresh Celery
- PLU –
- Package – TS24
- Preparation – Select stalk celery from culls or rack and clean off damaged stalks. Rinse stalk under tepid water. Make first cut at butt end just before flare in stalk and second cut removing leaf end. Remove any white or yellow stalks. Cut center stalks in half and layer in tray. Fill container with enough water to cover bottom, about $\frac{1}{4}$ ".
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$2.99 ea.
- Average Gross Profit – 58%





Celery/Carrot Sticks - aqua pack

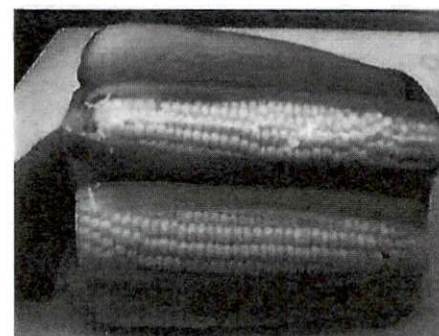
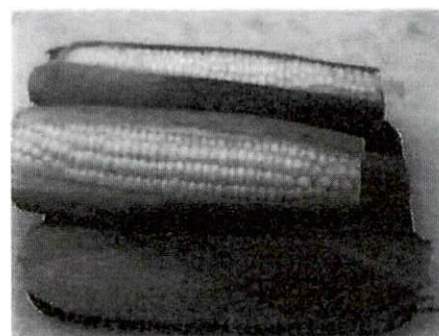
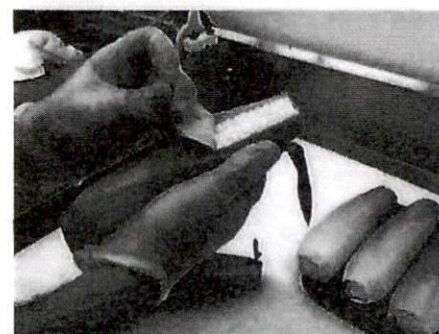
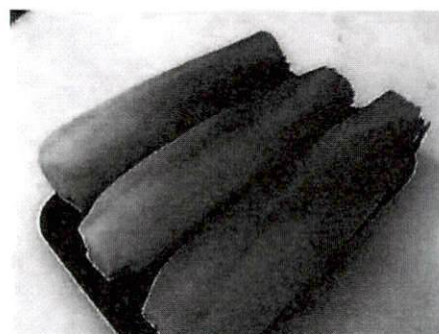
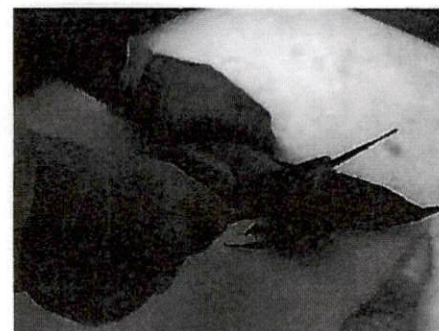
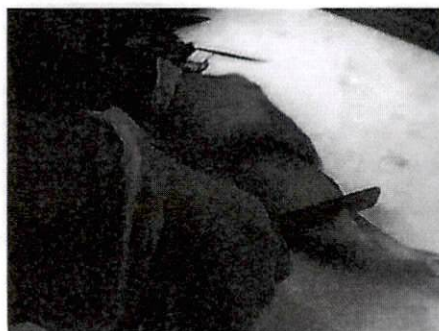
- Ingredients – Fresh Celery, Whole Carrots
- PLU –
- Package – TS24
- Preparation – Select stalk celery from culls or rack and clean off damaged stalks. Rinse stalk under tepid water. Make first cut at butt end just before flare in stalk. Be sure to use only nice stalks with no leaves. Cut stalks in half. Peel 2-3 whole carrots. Cut off ends. Slice carrots lengthwise into sticks and then cut in half to match size of celery. Place in tray as shown. Fill container with enough water to cover bottom, about $\frac{1}{4}$ ".
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$2.99 ea.
- Average Gross Profit – 58%





Corn- 5ct Tray

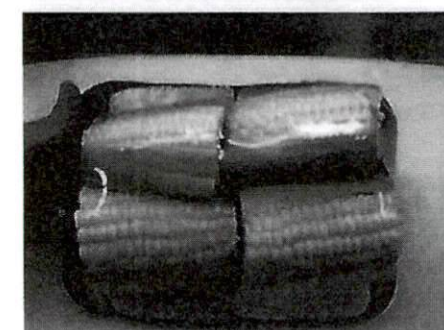
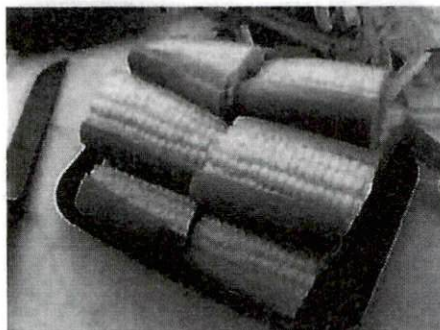
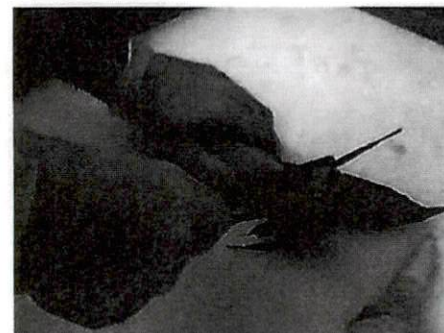
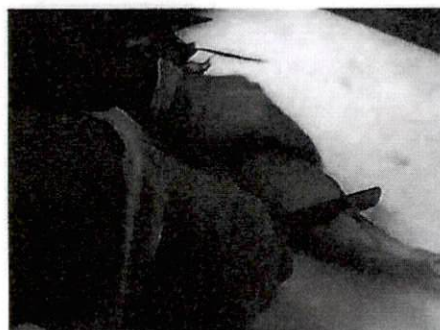
- Ingredients – Fresh Corn (5ct)
- PLU –
- Package – #20s black tray
- Preparation – Select 5 large ears of fresh corn. Ears must be close in size. Cut off stem and stalk end by hand to fit tray. Peel back a narrow window on 2 ears (exposing about 4-5 kernel rows). Place 3 clean ears on bottom of tray lengthwise and the 2 exposed ears on top. Wrap with film.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.99 ea.
- Average Gross Profit – 55%





Corn - Cobbette (10 small ears)

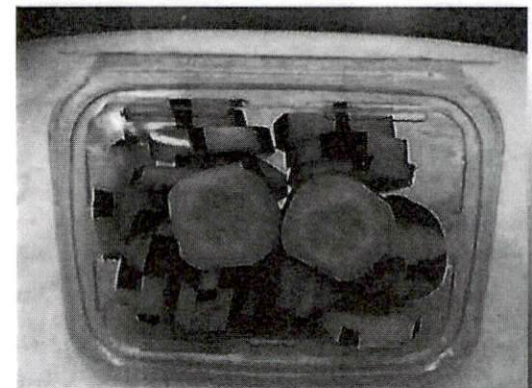
- Ingredients – Fresh Corn
- PLU -
- Package – #20s black tray
- Preparation – Select 5 small ears of fresh corn. Cut off stem and stalk end by hand to fit tray. Peel back a narrow window on all 5 ears (exposing about 4-5 kernel rows). Cut ears in half. Place 6 cobbettes on bottom of tray and the remaining 4 ears on top. Wrap with film.
- Verify correct country of origin
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.99 ea.
- Average Gross Profit – 55%





Cucumbers - fancy sliced

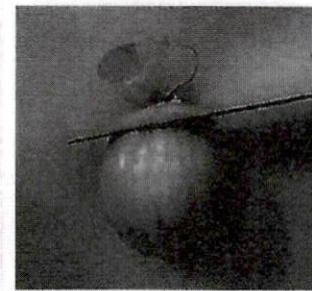
- Ingredients – Fresh Cucumbers
- PLU –
- Package - TS24
- Preparation – Wash cucumbers under tepid water. Use peeler to cut zebra style. Cut off ends and slice $\frac{1}{4}$ " thick. Hand place in container.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.49 lb.
- Average Gross Profit – 70%





Fajita Mix

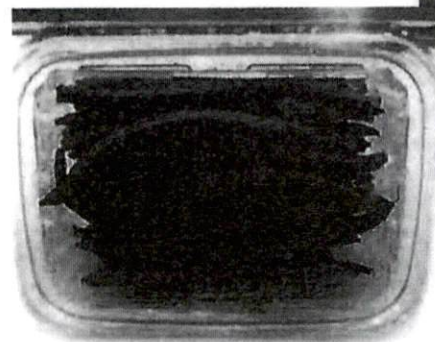
- Ingredients – Asst. Sweet Peppers, Green Peppers, Sweet Onions
- PLU –
- Package – TS32
- Preparation – Select a green, red and yellow bell pepper. Prepare peppers to same spec as used in sliced mixed pepper recipe.
- Select a sweet onion. Cut stem end off (leave root end). Peel onion, cut in half lengthwise as shown. Cut each half as shown into $\frac{1}{4}$ " strips, then cut off root end.
- Mix peppers and onion, fill container.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$5.49 lb.
- Average Gross Profit – 55%





Green Beans - snap

- Ingredients – Fresh Green Beans
- PLU –
- Package – TS32
- Preparation – Select firm crisp green beans. Wash under tepid water in colander. Snap off stem end by hand. Hand place in container.
- Verify the correct country of origin
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.49 lb.
- Average Gross Profit – 60%





Green Beans snap – w/ Petite Carrots

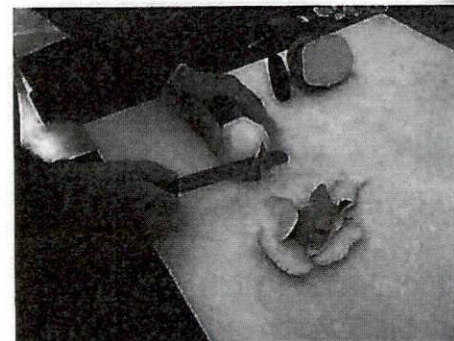
- Ingredients – Fresh Green Beans, Petite Baby Carrots
- PLU –
- Package – TS32
- Preparation – Select firm crisp green beans. Wash under tepid water in colander. Snap off stem end by hand. Blend an equal amount of (rinsed) baby carrots with green beans in colander. Place in tray.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.49 lb.
- Average Gross Profit – 58%





Jicama – sliced w/lime

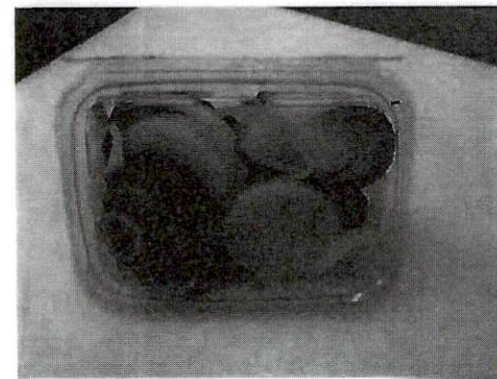
- Ingredients – Jicama, fresh lime
- PLU –
- Package – TS16
- Preparation – Select one whole jicama (pronounced hick-a-ma). Select one fresh lime. Rinse jicama under tepid water. Cut in half. Place halves on end and peel with knife. Rinse peeled jicama and cut in half again. Slice into sticks about same size as carrot sticks. Cut lime in half lengthwise and then again lengthwise. Then cut into wedges. Place jicama sticks in container leaving room to add 4-5 limes wedges. Squeeze one lime wedge over jicama sticks and discard.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.99 lb.
- Average Gross Profit – 57%





Onion slices Hamburger style

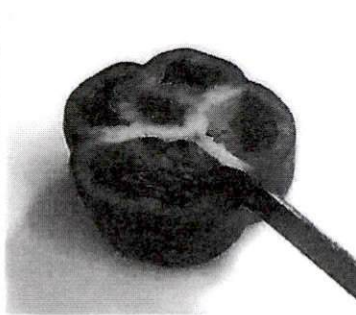
- Ingredients – Red & Sweet Onion
- PLU –
- Package – TS24
- Preparation – Select one red and one sweet onion. Cut off stem end. Peel both onions and cut in half. Place halves on slicer or use knife and slice one at a time into thin rings. Shingle rings into container.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$2.99 lb.
- Average Gross Profit – 75%





Pepper - Green Bell Slices

- Ingredients – Green Bell Pepper
- PLU –
- Package – TS32



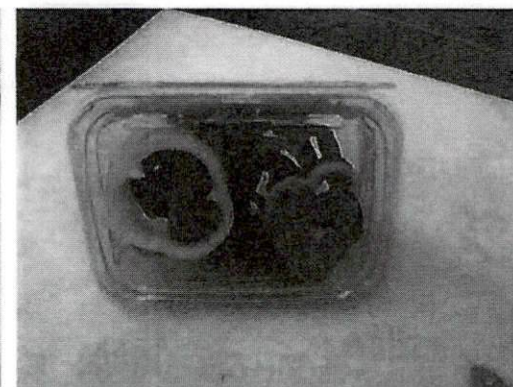
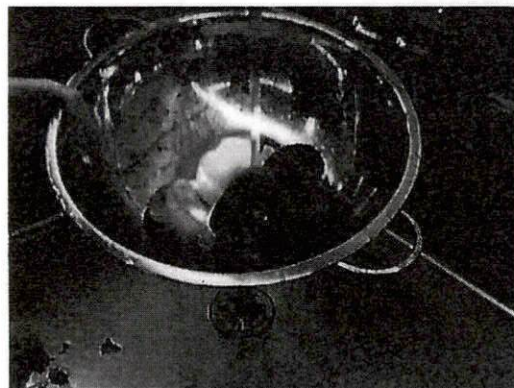
- Preparation – Select firm green bell peppers. Rinse peppers under tepid water. Cut just below stem and end of pepper, clean out seeds and slice peppers along ribs and then into $\frac{1}{4}$ " strips lengthwise. Fill container.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.99 lb.
- Average Gross Profit – 55%





Pepper - Bell Mixed Rings

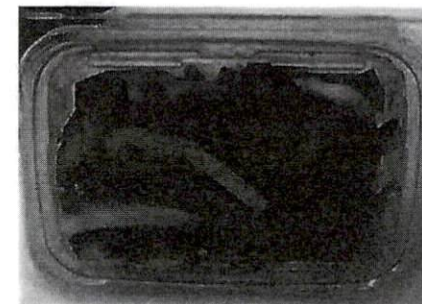
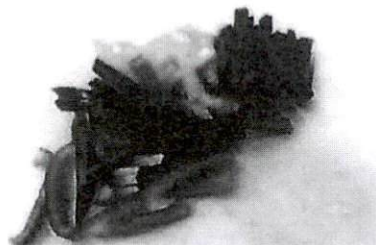
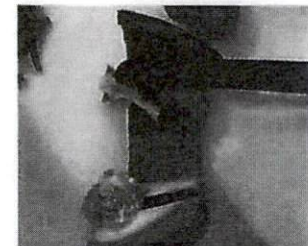
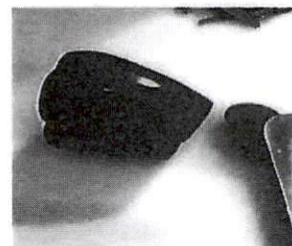
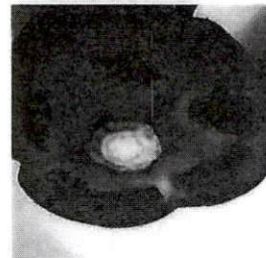
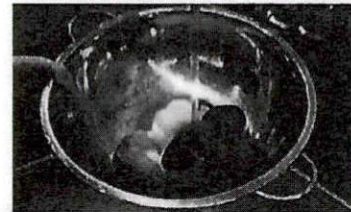
- Ingredients – Red, Yellow, Green, or Orange Bell Peppers
- PLU –
- Package – TS32
- Preparation – Select assorted bell peppers, green, red and yellow or orange. Rinse peppers under tepid water. Cut just below stem end of peppers and then cut along inside ribs to remove seeds. Slice peppers with knife or on slicer into rings about $\frac{1}{4}$ " thick. Fill container.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$6.99 lb.
- Average Gross Profit – 55%





Pepper - Bell mixed slices

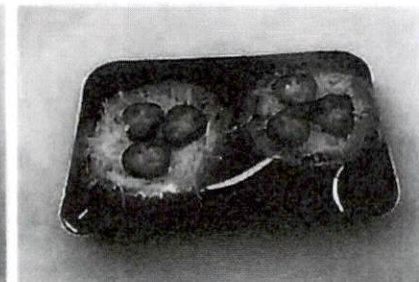
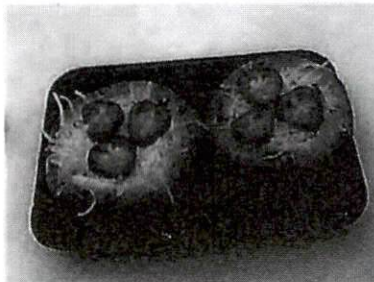
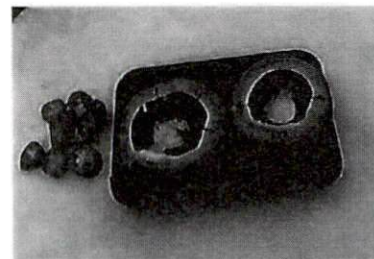
- Ingredients – Green, Red, Yellow and/or Orange Bell Peppers
- PLU –
- Package – TS32
- Preparation – Select assorted bell peppers, green, red and yellow. Rinse peppers under tepid water. Cut just below stem end of peppers and then cut along inside ribs to remove seeds. Slice peppers into $\frac{1}{4}$ " strips lengthwise. Fill container.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$6.99 lb.
- Average Gross Profit – 55%





Portabella stuffed caps

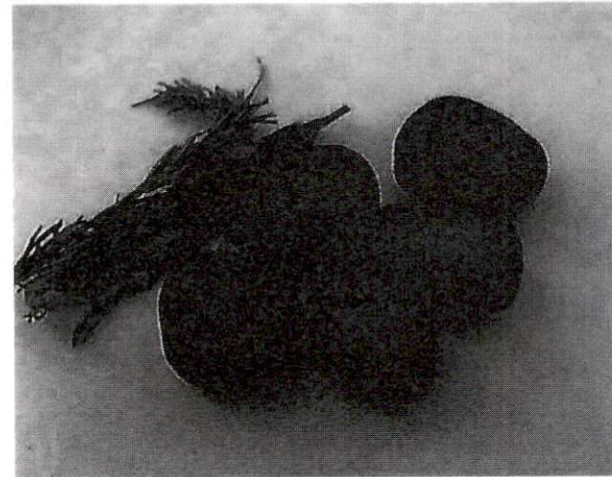
- Ingredients – Portabella Caps 2pk, Mexican cheese shreds, one small jalapeno pepper.
- PLU –
- Package – 20S Black Tray
- Preparation – Select a package of portabella caps from cooler or rack. Remove film and remove mushrooms. Save the tray. Remove stem from each mushroom. Turn mushroom over and lay back in tray. Slice one small jalapeno pepper into thin rings. Add Mexican shredded cheese to caps and place three slices of jalapenos on top of each cap. Re-wrap tray with film.
- OPTIONAL : use 8 Whole Baby Bella mushrooms, remove stem add cheese and one jalapeno pepper slice. Tray as shown.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$4.99 ea.
- Average Gross Profit – 60%





Red Potato Roasters

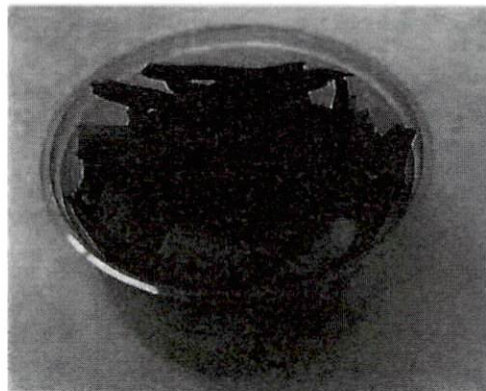
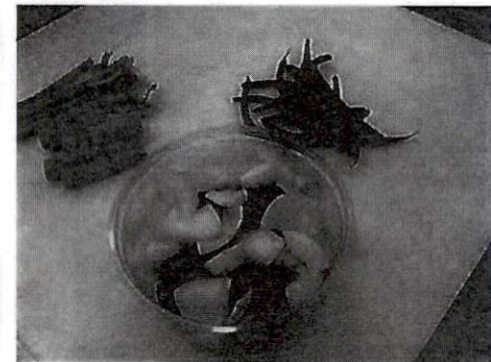
- Ingredients – “B” size Red Potatoes, Fresh Rosemary 3ct clamshell
- PLU –
- Package – TS32
- Preparation – Wash five or six consistently sized “B” red potatoes with good color. Scrub with vegetable brush if needed. Quarter potatoes and rinse well again in colander to remove secreted starch. Place in container with $\frac{1}{4}$ cup of water. Place at least 2-3 sprigs of fresh rosemary on top.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$1.99 lb.
- Average Gross Profit – 45%





Soup Mix

- Ingredients – Red potatoes “B” size, Whole Carrots, Yellow Onion, Celery, Snap Green Beans
- PLU-
- Package – 48oz Bowl
- Preparation – Rinse all ingredients under tepid water. Dry potatoes and line bottom of tub. Peel two whole carrots, cut off ends and slice in half, then quarters lengthwise, then cut into short pieces about $\frac{1}{2}$ ". Process one stalk of celery into sticks, then cut into short pieces about $\frac{1}{2}$ ". Cut the stem end off one onion, peel and cut into chunks. Snap stem end off of green beans. Mix in all and layer over red potatoes.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$1.99 lb.
- Average Gross Profit – 45%





Stew Mix

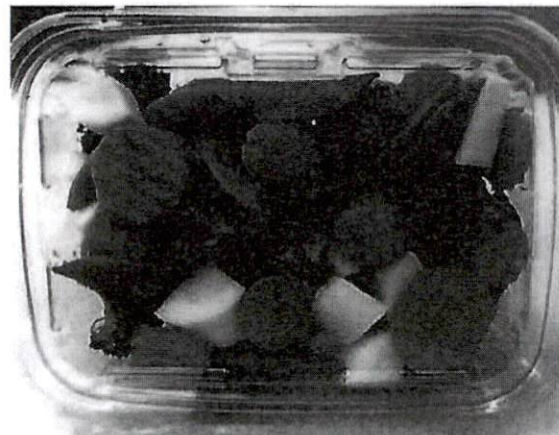
- Ingredients – Red potatoes “B” size, Whole Carrots, Yellow Onion, Celery, Bay leaves.
- PLU-
- Package – 48oz Bowl
- Preparation – Rinse all ingredients under tepid water except bay leaves. Dry potatoes and line bottom of tub. Peel three whole carrots, cut off ends and slice in half lengthwise and cut into pieces about 1½”. Process one whole stalk of celery into then cut into pieces about 1½”. One stalk may contain leafy end. Cut the stem end off one yellow onion, peel and cut into wedges. Place red potatoes in tub with remaining ingredients mixed on top. Add three to four bay leaves on top.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$1.99 lb.
- Average Gross Profit – 45%





Stir fry vegetables

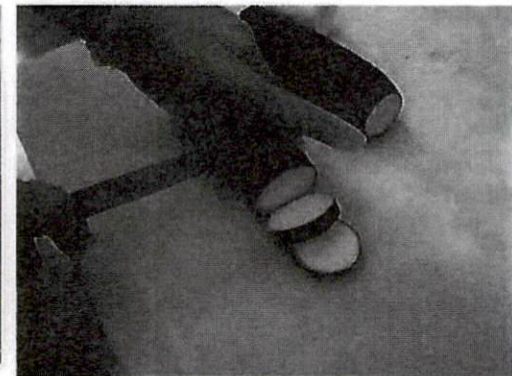
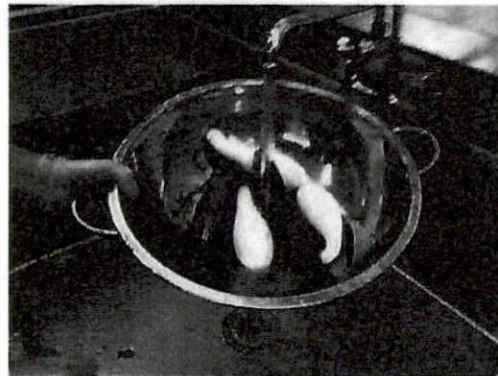
- Ingredients – Broccoli Florets, Crinkle Cut Carrots, Yellow Squash, Snap Peas
- PLU –
- Package – TS32
- Preparation – Select firm pieces of yellow squash. Slight scarring is ok. Rinse under tepid water. Cut ends and slice lengthwise into qtrs. Then crosscut quarters into 1" chunks. Rinse and cut small broccoli florets and add rinsed snap peas and crinkle cut carrots. Mix and fill container.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$4.49 lb.
- Average Gross Profit – 58%





Squash Medley - sliced

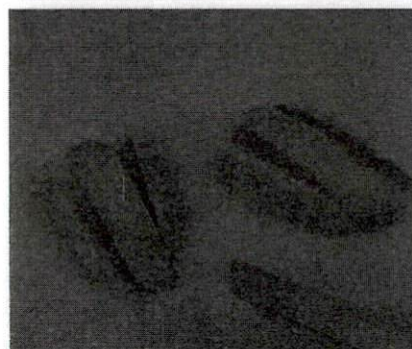
- Ingredients – Yellow, Zucchini squash
- PLU –
- Package – TS24
- Preparation – Select firm pieces of yellow and zucchini squash. Slight scarring is ok. Rinse under tepid water. Cut both ends from each piece and then begin to slice cross cut into equal size coins about $\frac{1}{4}$ " thick. Mix and fill container.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.99 lb.
- Average Gross Profit – 60%





Sweet Potato - cubed

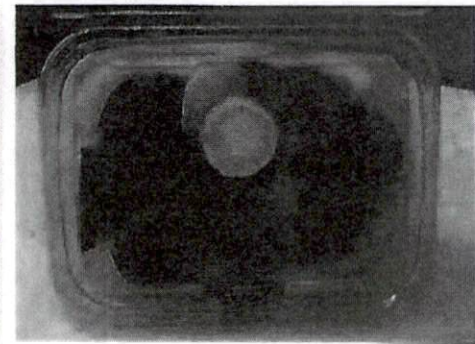
- Ingredients – Whole Sweet Potato
- PLU –
- Package – TS32
- Preparation – Select larger size sweet potatoes and rinse under tepid water. Use a vegetable brush to remove any loose dirt. Take small cut from each end and then peel with vegetable peeler. Cut in half, then slice cross wise into 1" cuts. Take slices and cut into cubes. Rinse again if necessary. Fill container.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$1.99 lb.
- Average Gross Profit – 64%





Vegetables - grilling

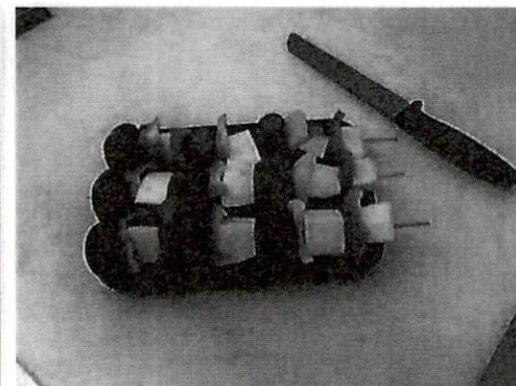
- Ingredients – Red, Yellow & Green Bell Pepper, Sweet Onion, Yellow & Zucchini Squash, Whole Brown Mushrooms
- PLU –
- Package – TS32 or Tub
- Preparation – Select green, red and yellow bell peppers. Rinse peppers under tepid water. Cut just below stem end of peppers, clean out seeds and slice peppers into 1" chunks. Select a sweet onion. Peel onion, cut in half and cut into chunks. Rinse squash and cut off ends. Slice squash lengthwise and then again. Then cut squash into chunks. Mix all veg. items in colander, fill container and top with 4 brown mushrooms (do not rinse but brush any loose dirt from mushroom).
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$4.99 lb.
- Average Gross Profit – 58%





Vegetable Kabobs

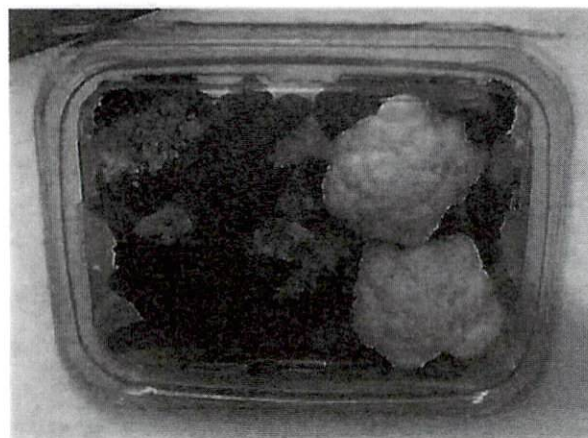
- Ingredients – Same as grilling vegetables
- PLU –
- Package – 10s black tray
- Preparation – Same preparation as grilling vegetables. Alternate vegetables on wooden skewers. Place 3-4 skewers per tray. Overwrap with film.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$4.99 lb.
- Average Gross Profit – 58%





Vegetable Medley

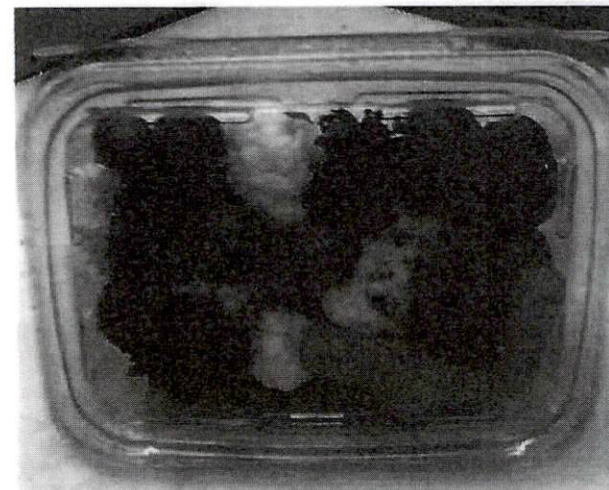
- Ingredients – Broccoli Crowns, Cauliflower, Baby Carrots
- PLU –
- Package – TS32
- Preparation – Prepare broccoli and cauliflower into florets. Add (rinsed) baby carrots. Fill container.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$4.49 lb.
- Average Gross Profit – 60%





Vegetable Platter

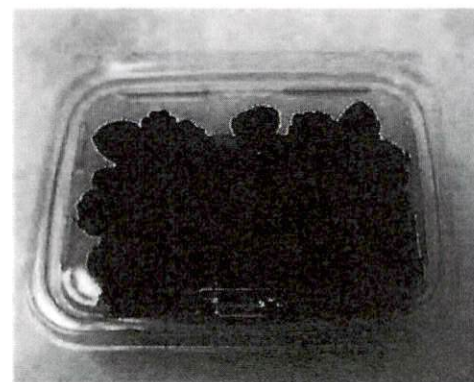
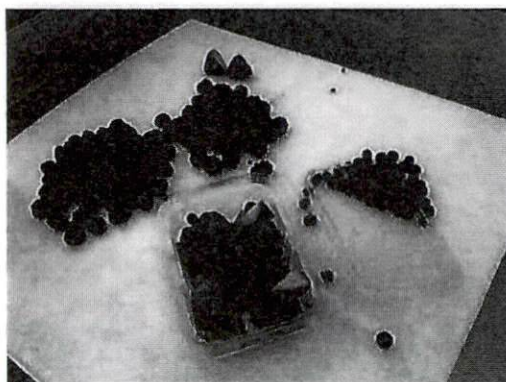
- Ingredients – Broccoli Crowns, Cauliflower, Baby Carrots, Grape Tomatoes
- PLU –
- Package – TS32
- Preparation – Prepare broccoli crowns and cauliflower into florets. Add (rinsed) baby carrots and grape tomatoes. Fill container.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$4.49 lb.
- Average Gross Profit – 55%





Berries - mixed

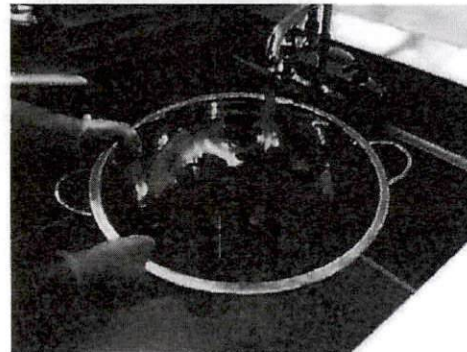
- Ingredients – Strawberries, Blueberries, Blackberries, Raspberries
- PLU –
- Package – TS24 or TS16
- Preparation – Rinse all berries in colander and dry on paper towel. Slice stem from top of strawberries. Smaller strawberries leave whole, larger berries slice in half. Layer in strawberries on bottom and gently add variety berries with raspberries on top.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$10.99 lb.
- Average Gross Profit – 75%





Strawberry w/ Kiwi

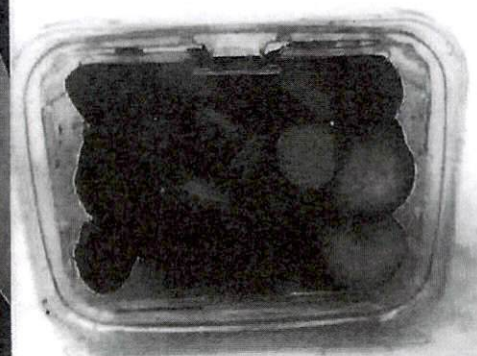
- Ingredients – Strawberries, Kiwi
- PLU –
- Package – TS24 or TS16
- Preparation – Rinse all berries in colander and dry on paper towel. Slice stem from top of strawberries. Smaller strawberries leave whole, larger berries slice in half. Layer in strawberries into container. Slice ends from kiwi and then peel with knife. Slice into $\frac{1}{4}$ - $\frac{1}{2}$ " slices (about 4-5 slices). Add to container.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$9.99 lb.
- Average Gross Profit – 70%





Berries- Strawberries washed and capped

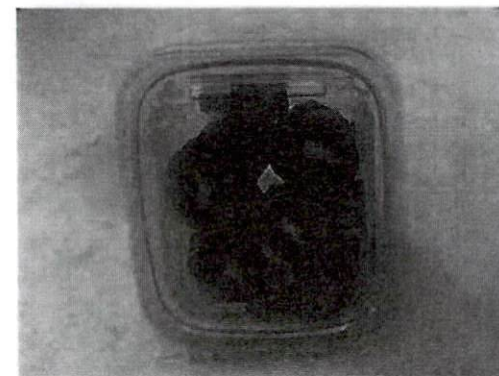
- Ingredients - Strawberries
- PLU - - USA
- PLU - - Mexico
- Package – TS32 or TS16
- Preparation – Rinse all berries in colander and dry on paper towel. Slice stem from top of strawberries. Smaller strawberries leave whole, larger berries slice in half. Layer in strawberries into container.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$9.99 lb.
- Average Gross Profit – 75%





Kiwi – Peeled & Sliced

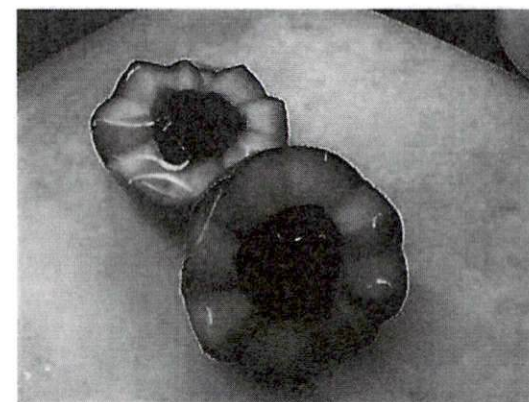
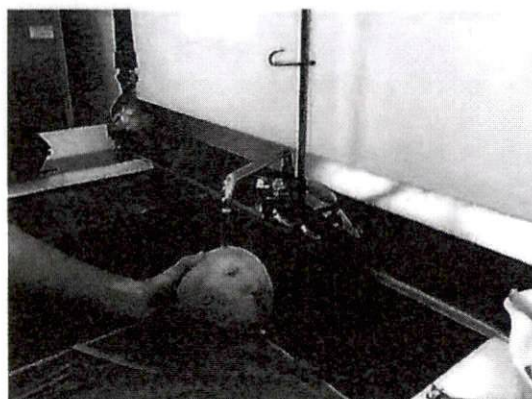
- Ingredients – Kiwi
- PLU –
- Package – TS16
- Preparation – Slice ends from kiwi and then peel with knife. Slice into $\frac{1}{4}$ - $\frac{1}{2}$ " slices (about 4-5 slices). Add slices to container until full.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$6.99 lb.
- Average Gross Profit – 75%

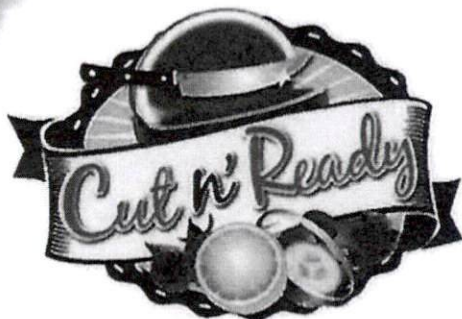




Cantaloupe Halves w/ Strawberries

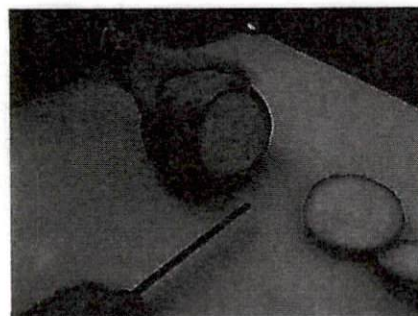
- Ingredients – Cantaloupe, Strawberries
- PLU –
- Package – film wrap
- Preparation – Rinse melon under tepid water to remove any loose dirt. Brush if necessary. Cut melon in half using alternating diagonal knife cuts. Scoop out seeds. Fill cavity with capped and washed strawberries.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.29 ea.
- Average Gross Profit – 65%





Cantaloupe Chunks

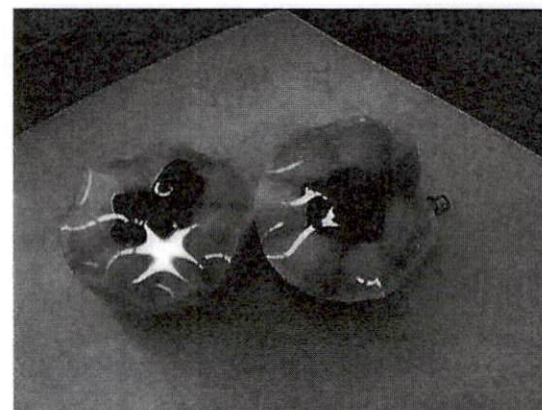
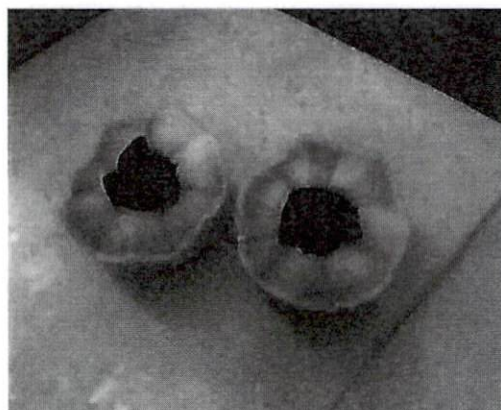
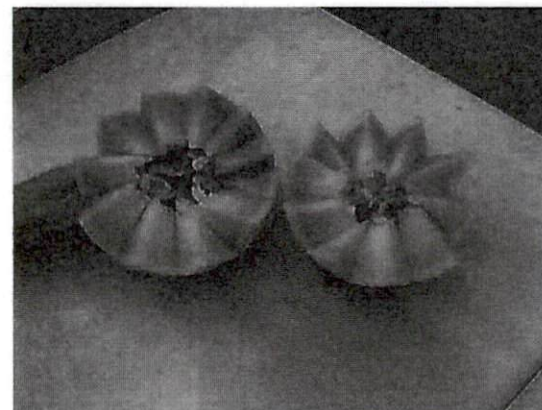
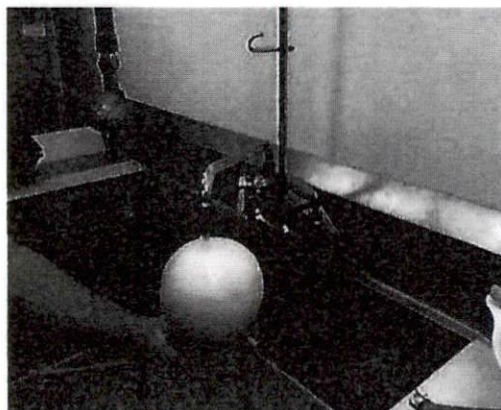
- Ingredients – Cantaloupe
 - PLU – - USA
 - PLU – - Mexico
 - PLU – - Honduras
 - PLU – - Costa Rica
 - PLU – - Guatemala
- Package – TS32 or TS16
- Preparation – Rinse whole melon under tepid water. Use vegetable brush to remove any loose dirt. Cut a thin slice from each end. Set melon on end and peel with knife. Remove all green rind. Slice in half lengthwise and remove seeds from each half with scoop. Lay seed cavity down and slice lengthwise in $1 \frac{1}{4}$ " strips. Turn and cross cut the same thickness for uniform chunks. Fill container.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.99 lb.
- Average Gross Profit – 80%





Honeydew Halves w/ Strawberries

- Ingredients – Honeydew, Strawberries
- PLU –
- Package – film wrap
- Preparation – Rinse melon under tepid water to remove any loose dirt. Brush if necessary. Cut melon in half using alternating diagonal knife cuts. Scoop out seeds. Fill cavity with capped and washed strawberries.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.29 ea.
- Average Gross Profit – 60%





Honeydew Chunks

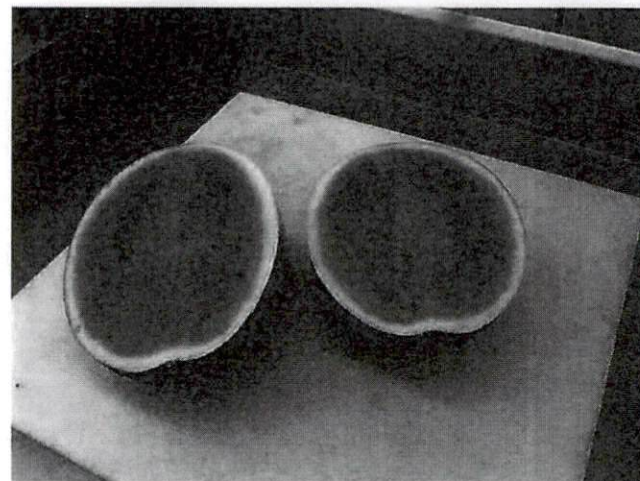
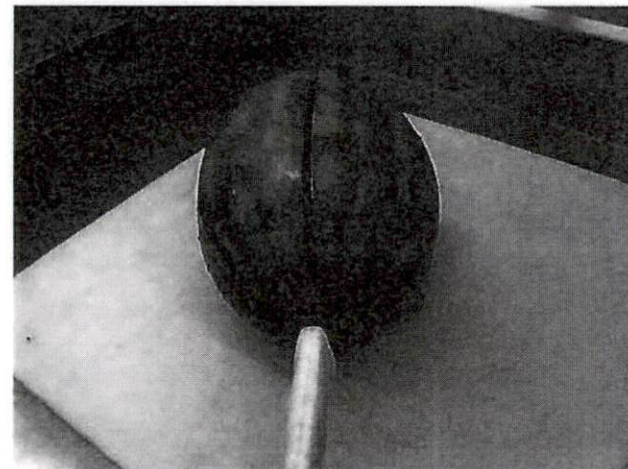
- Ingredients – Honeydew
- PLU – - USA
- PLU – - Mexico
- PLU – - Honduras
- PLU – - Costa Rica
- PLU – - Guatemala
- Package – TS24 or TS16
- Preparation – Rinse whole melon under tepid water. Use vegetable brush to remove any loose dirt. Cut a thin slice from each end. Set melon on end and peel with knife. Remove all green rind. Slice in half lengthwise and remove seeds from each half with scoop. Lay seed cavity down and slice lengthwise in $1\frac{1}{4}$ ” strips. Turn and cross cut the same thickness for uniform chunks. Fill container.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$4.99 lb.
- Average Gross Profit – 79%





Watermelon – Cut Halves

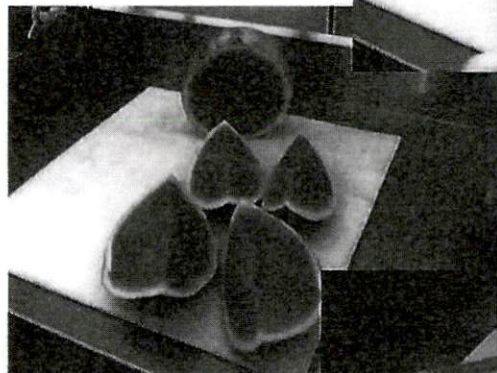
- Ingredients – Whole Seedless Watermelon
- PLU – - USA
- PLU – - Mexico
- PLU – - Honduras
- PLU – - Guatemala
- Package – film wrap
- Preparation – Select a whole seedless watermelon. Rinse under tepid water and remove all dirt. Cut in half lengthwise. Wrap with film.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.99 ea.
- Average Gross Profit – 50%





Watermelon – Cut Seedless

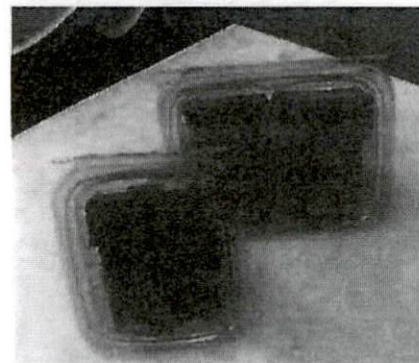
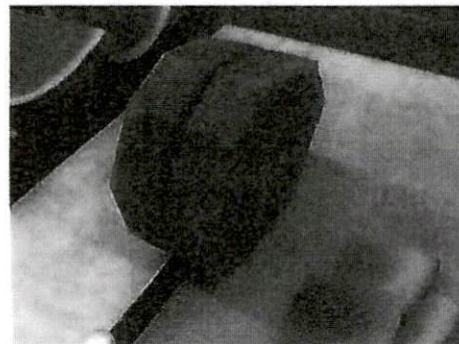
- Ingredients – Whole Seedless Watermelon
- PLU – - USA
- PLU – - Mexico
- PLU – - Honduras
- PLU – - Guatemala
- Package – film wrap
- Preparation – Select a whole seedless watermelon, rinse under tepid water removing all outside dirt. Slice both ends leaving a 4" center slice (set aside). Take both ends and cut in half, leaving 4 short quarters. Over wrap with film.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$.99 lb.
- Average Gross Profit – 70%





Watermelon – Chunks

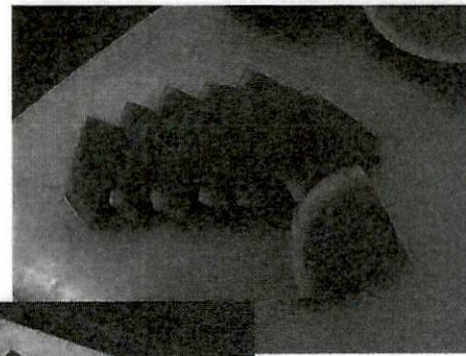
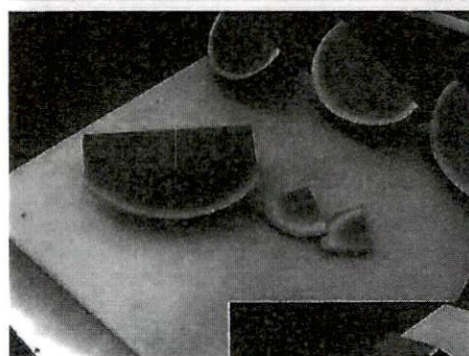
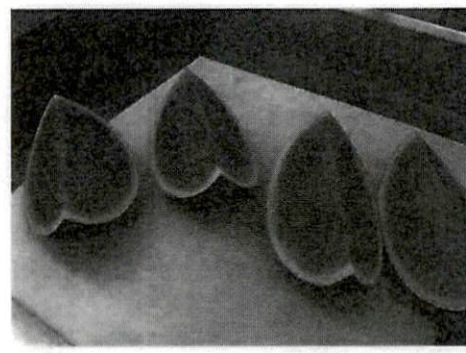
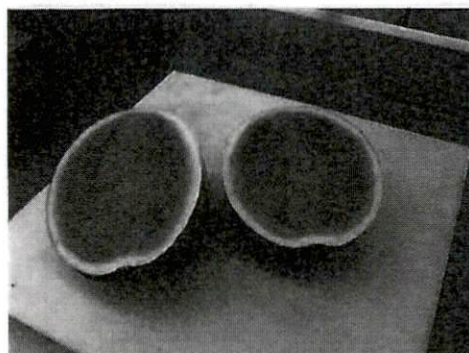
- Ingredients – Whole Seedless Watermelon
- PLU – - USA
- PLU – - Mexico
- PLU – - Honduras
- PLU – - Guatemala
- Package – TS32 or Tub
- Preparation – Select a whole seedless watermelon, rinse under tepid water removing all outside dirt. Slice both ends leaving a 3'- 6" center slice depending on size of melon. Lay center slice on its side and peel rind leaving no white. Slice center slice in half as shown and cut both ways into 1" cubes. Fill containers. Ends will be cut into short quarters.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.99 lb.
- Average Gross Profit – 75%





Melon Slices

- Ingredients – Cantaloupe, Honeydew or Watermelon
- PLU –
- Package – 20s Tray
- Preparation – Rinse and halve a large melon lengthwise. Halve again into long quarters. Square up each end of the quarters. Cut long quarters into slices. Shingle four slices in tray and over wrap with film.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$2.99 lb.
- Average Gross Profit – 85%





Melons – Mixed Chunks

- Ingredients – Cantaloupe, Honeydew, Watermelon
- PLU –
- Package – TS32 or TS16
- Preparation – Follow same process for chunks of cantaloupe, honeydew and watermelon. Mix chunks in container noting to always place watermelon on top, it is the softest melon and is easily damaged.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.99 lb.
- Average Gross Profit – 75%

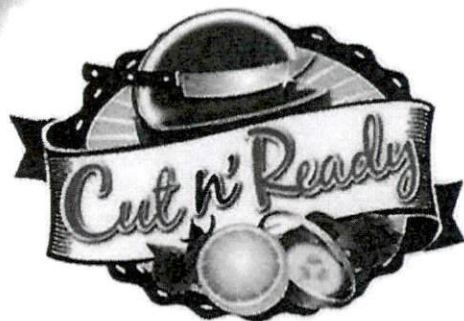




Mixed Fruit

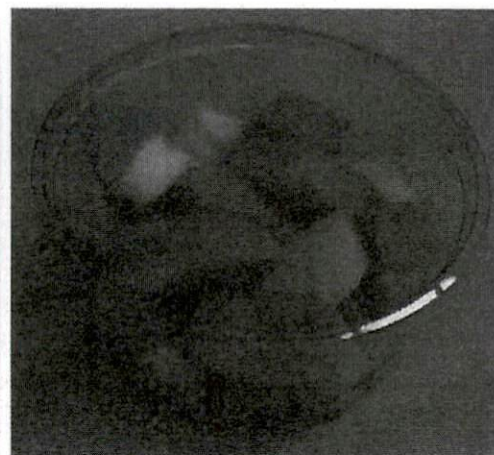
- Ingredients – Pineapple, Cantaloupe, Honeydew, Red Grapes
- PLU –
- Package – TS32 or TS16
- Preparation – Follow the same process for chunks of pineapple, cantaloupe and honeydew. Mix into container. Rinse and add (rinsed) red grapes.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.99 lb.
- Average Gross Profit – 72%





Premium Mixed Fruit

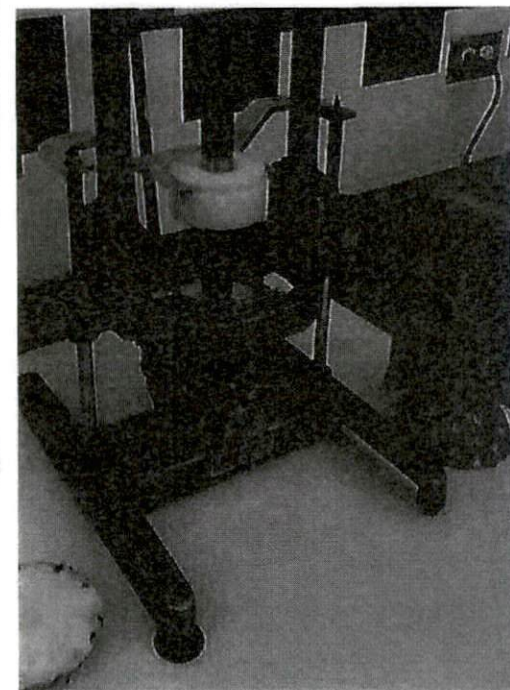
- Ingredients – Pineapple, Cantaloupe, Honeydew, Red Grapes, Strawberries, Blueberries, Kiwi, Mango
- PLU –
- Package – 48oz Bowl
- Preparation – Follow the same process for chunks of pineapple, cantaloupe and honeydew. Mix chunks into container. Rinse and add red grapes. Layer on sliced strawberries, sliced kiwi, sliced mango and about 2 tablespoons of blueberries as shown.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$4.99 lb.
- Average Gross Profit – 75%





Pineapple – Whole Cored

- Ingredients – Whole Gold Pineapple
- PLU - - Guatemala
- PLU - - Costa Rica
- PLU - - Honduras
- Package – 2lb deli cup
- Preparation – Lay whole pineapple on its side next to a 2lb Deli container. Cut off each end to the length of the container. Place on center of coring machine. Center and core cleanly leaving no visible outer shell.
- Verify correct country of origin.
- Scale and label on TOP of container.
- Place Simply Fresh Label on side.
- 75 % of all pineapple will sell cored. Always display cored pineapple in an ice caddy with at least 2/3rds the product below the ice line to maintain cold chain.
- SRP - \$4.99 ea.
- Average Gross Profit – 54%





Pineapple – Chunks

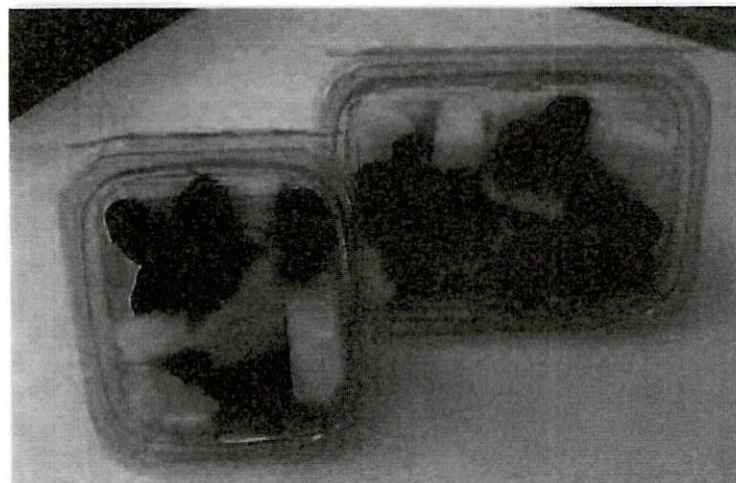
- Ingredients – Whole Gold Cored Pineapple
- PLU - - Guatemala
- PLU - - Costa Rica
- PLU - - Honduras
- Package - TS32 or TS16
- Preparation –Take one whole cored pineapple and cut into 1" rings. Stand rings together and cut into 1"x1" chunks. Fill container.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.99 lb.
- Average Gross Profit – 80%





Pineapple w/Red Grapes

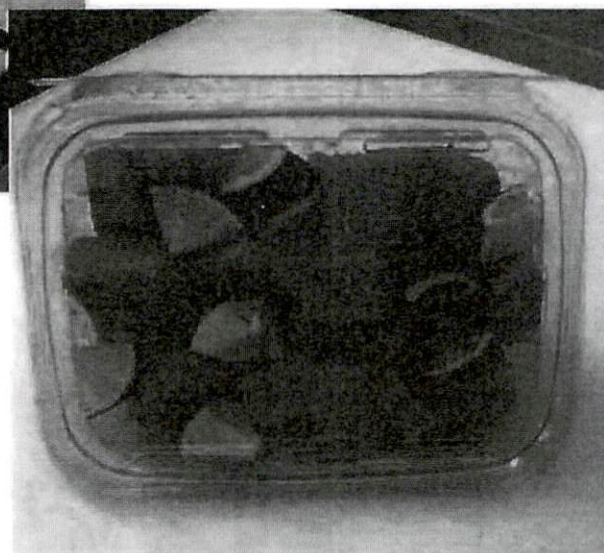
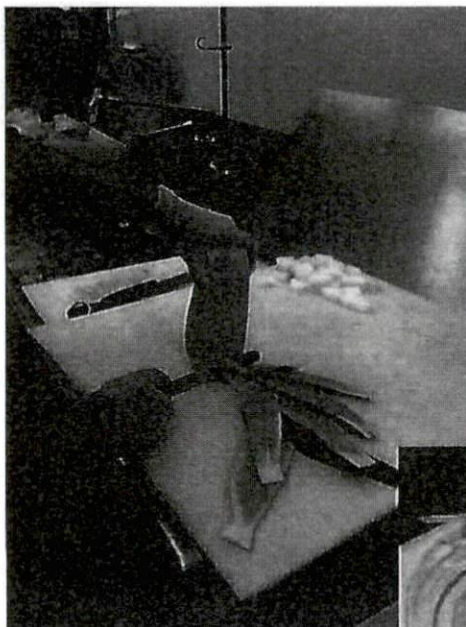
- Ingredients – Whole Gold Cored Pineapple, Red Seedless Grapes
- PLU –
- Package – TS32 or TS16
- Preparation –Take one whole cored pineapple and cut into 1" rings. Stand rings together and cut into 1"x1" chunks. Fill container leaving room to add 10-12 red seedless grapes.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.99 lb.
- Average Gross Profit – 75%





Papaya w/ Lime

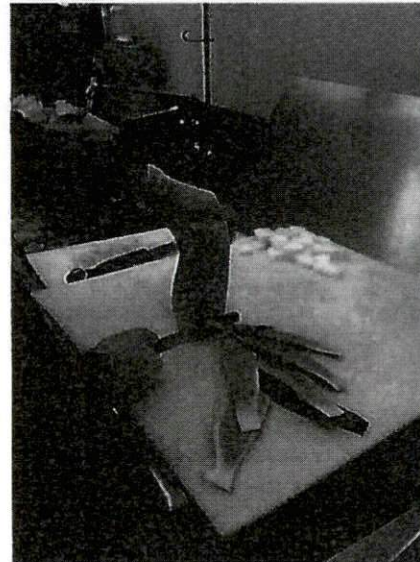
- Ingredients – Meridol Papaya & Lime
- PLU –
- Package – TS24
- Preparation – Rinse and peel a Meridol papaya. Cut into slices lengthwise and scoop out seeds. Then crosscut into 1" chunks. Rinse and cut a lime into small wedges. Fill container.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$6.99 lb.
- Average Gross Profit – 70%





Tropical Medley

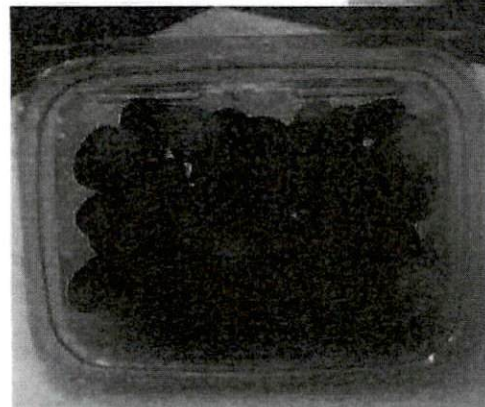
- Ingredients – Pineapple, Papaya, Mango
- PLU –
- Package – TS24
- Preparation – Rinse, slice and peel Meridol papaya and mango. Cut slices into minimum 1" chunks. Layer container with chunk pineapple and layer papaya and mango on top.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$6.99 lb.
- Average Gross Profit – 70%





Seedless Grapes

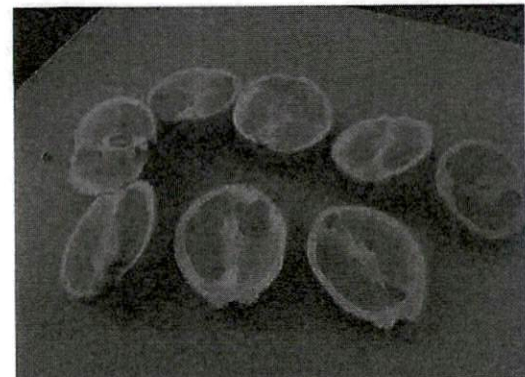
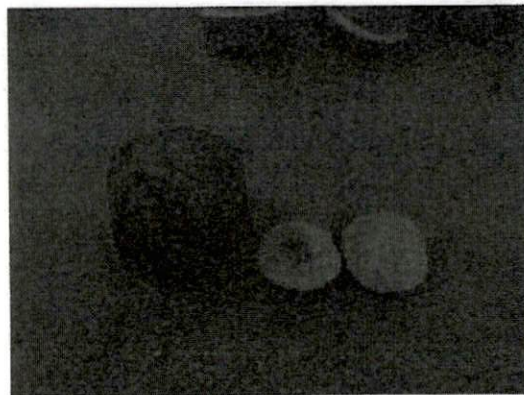
- Ingredients – Green and/or Red Seedless Grapes
- PLU – - USA
- PLU – - Mexico
- PLU – - Brazil
- PLU – - Chile
- Package – TS24 or TS16
- Preparation – Remove red and white seedless grapes from dried stems. Be sure grapes are firm. Rinse in colander. Fill container.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.99 lb.
- Average Gross Profit – 57%





Oranges – Cut Wedges

- Ingredients – Oranges
- PLU –
- Package – TS32
- Preparation – Rinse and slice ends off large navel or juice oranges. Cut lengthwise in half and in half again. Then cut slices crosswise into wedges. Fill container.
- Verify correct country of origin.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$2.49 lb.
- Average Gross Profit – 60%





Lemon/Lime – Cut Wedges

- Ingredients – Lemons & Limes
- PLU –
- Package – TS16
- Preparation – Select 1 lemon and lime each. Take a thin slice from each end. Then slice in half lengthwise and in half again and then again. This gives you eight slices of each. Turn slices sidewise and cross cut each piece in half into wedges. Fill container.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$1.99 lb.
- Average Gross Profit – 60%





Citrus Medley

- Ingredients – Oranges, Grapefruit
- PLU –
- Package – TS32
- Preparation – Rinse and then peel one red grapefruit and one large juice or navel orange. Slice into $\frac{1}{4}$ " - $\frac{1}{2}$ " slices and layer into container. Scale and label.
- Scale and label on bottom.
- Place Simply Fresh Label on top center.
- SRP - \$3.99 lb.
- Average Gross Profit – 75%





Cut n' Ready
NEW ITEM
INNOVATIONS



Cut n' Ready

INFUSED WATER



INFUSED WATER BASICS

- Preparation; always prepare infused water from the back room, never in view of the guest.
- Be sure supplies are clean; bottles should be kept in twist tied bag.
- Lids should be kept separate in sealed zip-loc bag.
- MDI item code for bottles/caps
— 38636 -160ct





EMPLOYEE & FOOD SAFETY STANDARDS

EMPLOYEE safety standards;

- Appropriate personal hygiene must be practiced at all times.
- Follow all state laws for hand washing.
- Always wear a hair covering (hair net or company approved hat).
- Always wear a beard guard if applicable.
- Always wear plastic gloves when handling cut fruit and cut vegetables.

FOOD safety standards;

- Workstation and cutting surface must be cleaned and sanitized before you start **and change of species.**
- Prior to use all knives and equipment must be washed, rinsed and sanitized in the produce department 3 compartment sink and then air-dried.
- Process only product that has been maintained at the proper temperature. Fruit items from sales floor must be cooled to proper temperature prior to cutting.
- All fruits and vegetables must be rinsed under room temperature water prior to cutting.
- Use a soft vegetable brush to remove any dirt or debris that reside on the outside surface of the item.



SIX REFRESHING FLAVORS

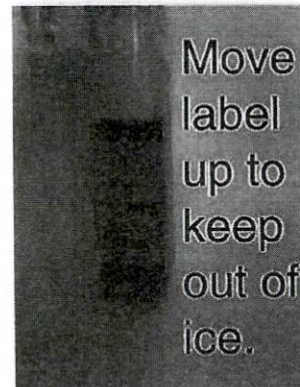
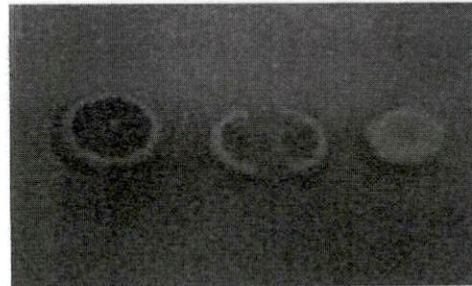
- Cucumber-mint
 - Lemon-cucumber
 - Lemon-orange
 - Orange-strawberry
 - Peach-strawberry
 - Pineapple-mango
- Retail at
\$1.79 ea. or 2/\$3





ORANGE STRAWBERRY INFUSED WATER

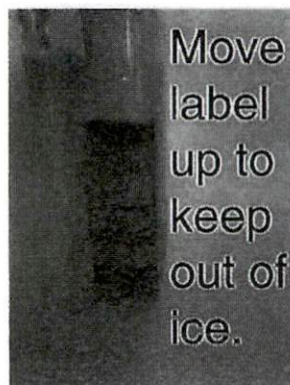
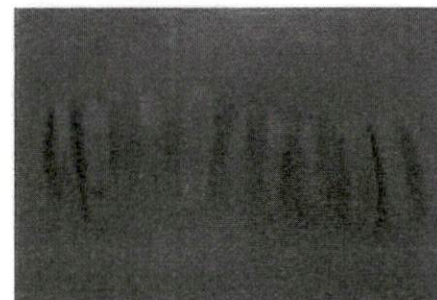
- Ingredients –
 - Orange 2 ea half moons (navel)
 - Strawberry 4ea sections
 - Bottled water (2.5 gallon/chilled)
- Package –Premium 160z water bottle
- Preparation –Rinse the oranges and strawberries. Wash orange and remove end. Slice into $\frac{1}{4}$ inch slices then cut slice in half. Remove cap from strawberry and cut into halves or quarters (sections should be just large enough to fit in bottle) Place 2 orange slices and 4 strawberry sections in bottle. Fill bottle with water until event with the cap.
- Label on top of one edge
- Water should be dated for 4 days
- Display with opposite edge of label facing customer





PINEAPPLE MANGO INFUSED WATER

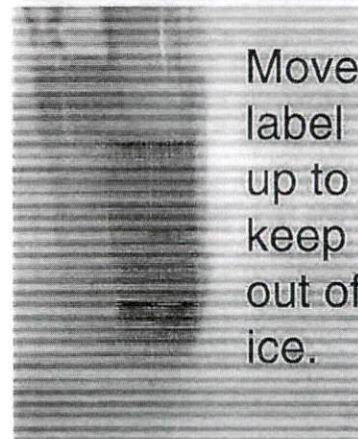
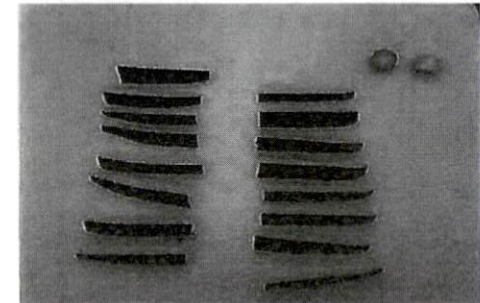
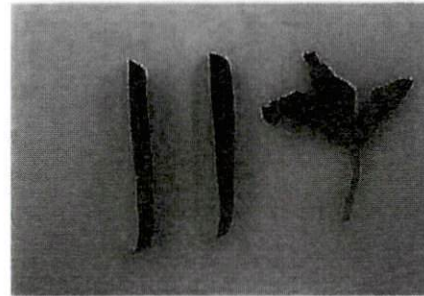
- Ingredients –
 - Pineapple 1 ea core
 - Mango 1 ea slice
 - Bottled water (2.5 gallon/Chilled)
- Package –Premium 160z water bottle
- Preparation – cut the core of the pineapple on an angle just so it will fit in the bottle. Peel the mango and cut the meat of the mango off the core in 4 sections. Cut trimmed mango into sections just wide enough to fit in bottle. Place 2 pineapple sections and 1 mango section in each bottle. Fill bottle with water until it even with the cap.
- Label on top of one edge
- Water should be dated for 4 days
- Display with opposite edge of label facing customer



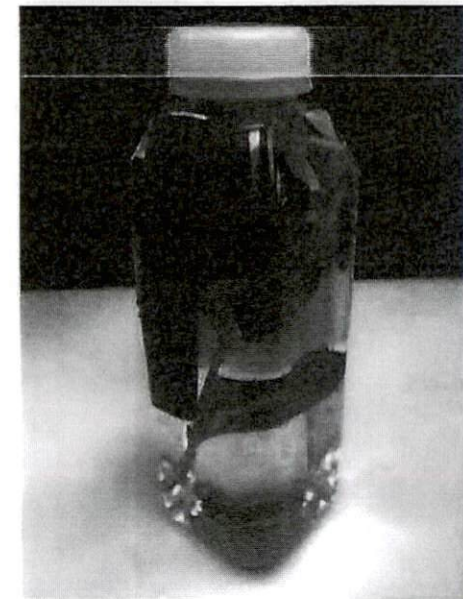


CUCUMBER MINT INFUSED WATER

- Ingredients –
 - Cucumber 2ea 1/16 cut
 - Mint 1ea stem
 - Bottled water (2.5 gallon/chilled)
- Package – premium 160z water bottle
- Preparation – pull the stems of the mint (whole sprig with stem will be uses in the bottle). Wash cucumber and remove ends. Cut cucumber in half length wise and cut each half into 8 sections. (cucumber should be cut so the sections just fit in the bottle). Place 2 cucumber sections and 1 mint sprig into bottle. Fill bottle with water until event with the cap.
- Label on top of one edge
- Water should be dated for 4 days
- Display with opposite edge of label facing the customer



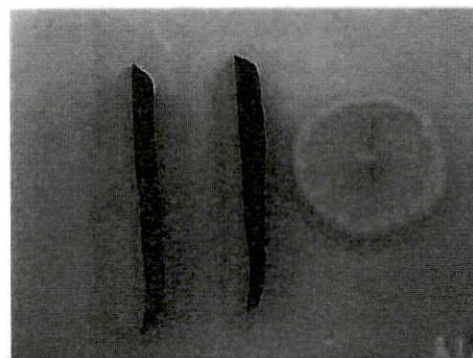
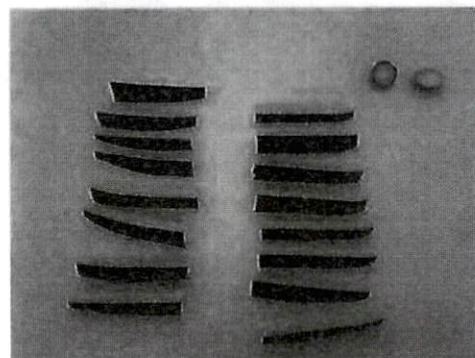
Move
label
up to
keep
out of
ice.





LEMON CUCUMBER INFUSED WATER

- Ingredients –
 - Cucumber 2ea 1/16 cut
 - Lemon 1ea slice
 - Bottled water (2.5 gallon/chilled)
- Package – premium 160z water bottle
- Preparation – Wash cucumber and remove ends. Cut cucumber in half length wise and cut each half into 8 sections. (cucumber should be cut so the sections just fit in the bottle). Wash lemon and remove end. Slice into ¼ inch slices so they will just fit in the bottle when folded. Place 2 cucumber slices and 1lemon slice in bottle. Fill bottle with water until event with the cap.
- Label on top of one edge
- Water should be dated for 4 days
- Display with opposite edge of label facing customer

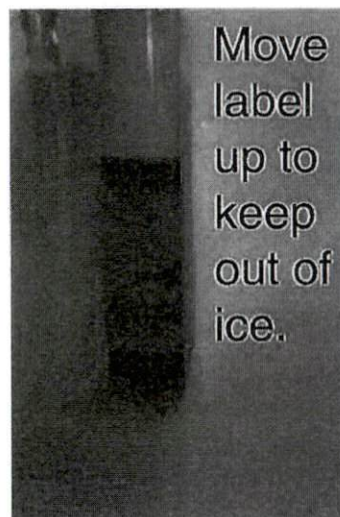


Move
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LEMON ORANGE INFUSED WATER

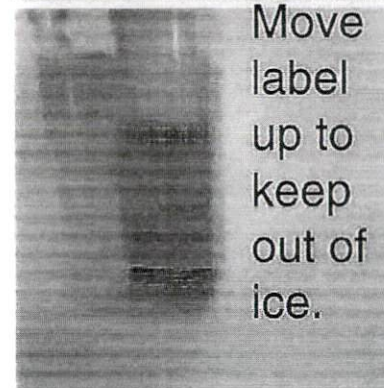
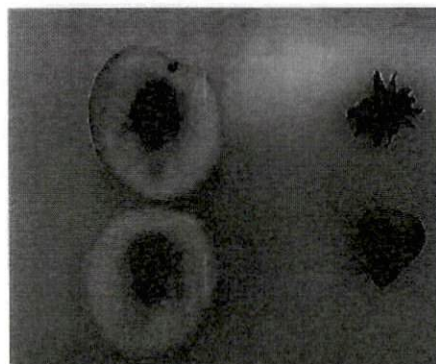
- Ingredients –
 - Lemon 1ea slice
 - Orange 2ea slice
 - Bottled water (2.5 gallon/chilled)
- Package –premium 160z water bottle
- Preparation – Wash lemons and oranges and remove ends. Slice into $\frac{1}{4}$ inch slices so they will just fit in the bottle when folded. Place 2 lemon slices and 1 orange slice in bottle. Fill bottle with water until it even with the cap.
- Label on top of one edge
- Water should be dated for 4 days
- Display with opposite edge of label facing customer





PEACH STRAWBERRY INFUSED WATER

- Ingredients –
 - Peach segment 2 ea
 - Strawberry 2 half
 - Bottled water (2.5 gallon/Chilled)
- Package –Premium 160z water bottle
- Preparation – Cut the peach in half around the core. Section each half into slices just big enough to fit in the bottle. Remove stem from strawberry and cut into sections just big enough to fit in bottle (half). Place 2 peach sections and 2 strawberry halves in each bottle. Fill bottle with water until it even with the cap.
- Label on top of one edge
- Water should be dated for 4 days
- Display with opposite edge of label facing customer



Move
label
up to
keep
out of
ice.





INFUSED WATER DISPLAY

- Display water on ice in the front of your store for customers to enjoy on a hot day!
- Use small galvanized tubs or tie-in to ice caddies.
- Note: for best results the fruit and the water should be chilled prior to preparation. Allow ready to serve bottles to sit for 4-5 hours to flavor water.





Cut n' Ready
FRESH MADE
SALADS



FRESH MADE SALAD SUPPLY LIST

- T64 CONTAINER – MDI # 68233
- Cut n' Ready and organic stickers can be ordered by contacting Donald Bostic in advertising. donald.Bostic@merchantsdistributors.com

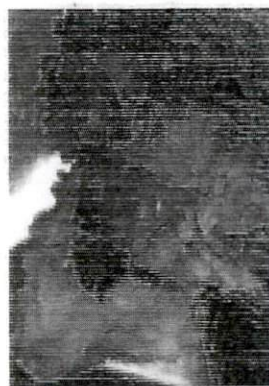
TENDER LEAF BLEND SALAD

Ingredients:

2 heads red leaf lettuce
2 lrg heads butter lettuce- tear or cut
into 2" pieces
1 container grape tomato medley
1 container sliced baby bella mushroom
1 green pepper sliced
1 red pepper sliced
1 yellow pepper sliced
1 bunch green onions

YIELDS (4) TS64 SALADS
SPR - \$6.99 ea

Wash all ingredients under tepid water. Tear or cut lettuce into 2" pieces. Divide into four TS64 containers. Slice peppers julienne and mix together. Slice green onions on bias. Place small handful of mixed peppers in each corner and a small handful of tomatoes in the other two corners. Place handful of mushrooms in the middle. Place Cut n' Ready sticker in middle holding salad vertically.



CRUNCHY MIX SALAD

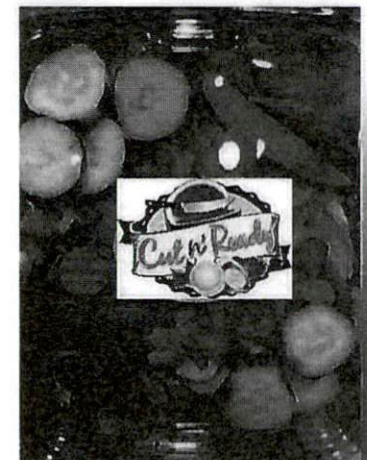
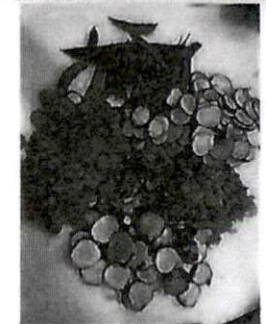
Ingredients:

- 1 head romaine
- 2 lrg heads iceberg-cut out core and tear or cut into 2" pieces
- 1 bag crinkle cut carrots
- 1 bag whole radishes-sliced
- 1 large cucumber-sliced
- 1 bunch celery sliced thin
- 1 cup sugar snap peas

YIELDS (4) TS64 SALADS

SPR - \$6.99 ea

Wash all ingredients under tepid water. Tear or cut lettuce into 2" pieces. Cut core of lettuce and tear into pieces. Mix romaine and iceberg into bowl and divide into four TS64 containers. Using mandolin slice cucumbers, radish and sprinkle carrot and radish over top of salad. Place a handful of celery in the middle and handful of each cucumber and snow peas in each corner of container. Place Cut n' Ready sticker in middle holding salad vertically.



GARDEN VEGETABLE SALAD

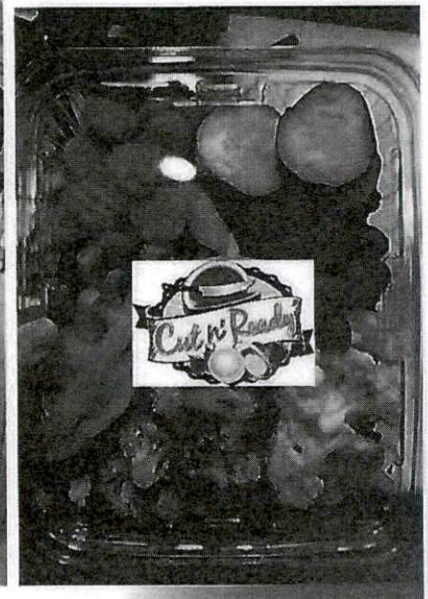
Ingredients:

- 1 head red cabbage
- 3 lrg heads iceberg-cut out core and tear or cut into 2" pieces
- 1 bag crinkle cut carrots
- 2 cucumbers sliced
- 1 lrg yellow pepper-sliced
- 1 sm head cauliflower cut into florets
- 1 lrg head broccoli cut into florets
- 1 bunch green onions sliced on bias
- 2 containers red grape tomatoes

YIELDS (4) TS64 SALADS

SPR - \$6.99 ea

Wash all ingredients under tepid water. Tear or cut lettuce into 2" pieces. Cut core of lettuce and tear into pieces. Mix romaine and cabbage into bowl and divide into four TS64 containers. Using mandolin slice cucumbers. Slice pepper and green onions. Place a handful of each vegetable as shown putting tomatoes last in the middle. Place Cut n' Ready sticker in middle holding salad vertically.



ASIAN BLEND SALAD

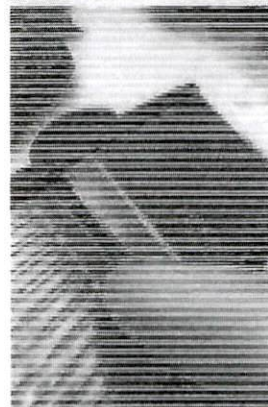
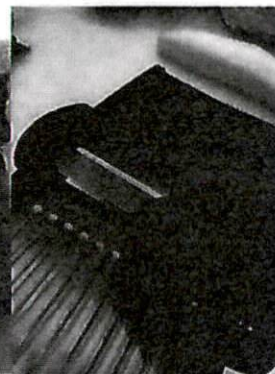
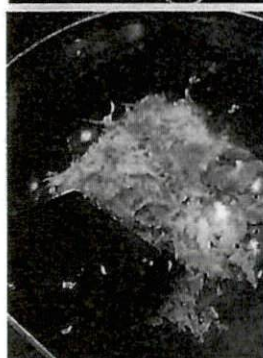
Ingredients:

- 1 sm head savoy cabbage-shredded
- 3 lrg heads romaine- tear or cut into 2" pieces
- 1 bag shredded carrot
- 1 large daikon radish-julienne
- 1 large hot house cucumber-julienne
- 1 bunch of cilantro
- 1 cup snow peas

YIELDS (4) TS64 SALADS

SPR - \$6.99 ea

Wash all ingredients under tepid water. Tear or cut lettuce into 2" pieces. Cut core of savoy cabbage and shred on mandolin.. Mix romaine and savoy cabbage into bowl and divide into four TS64 containers. Using mandolin small julienne setting- shred cucumbers. Peel daikon and julienne on mandolin. Place a handful of each carrot, daikon, cucumber and snow peas in each corner of container. Place small bunch of cilantro in center. Place Cut n' Ready sticker in middle holding salad vertically.



ITALIAN SALAD

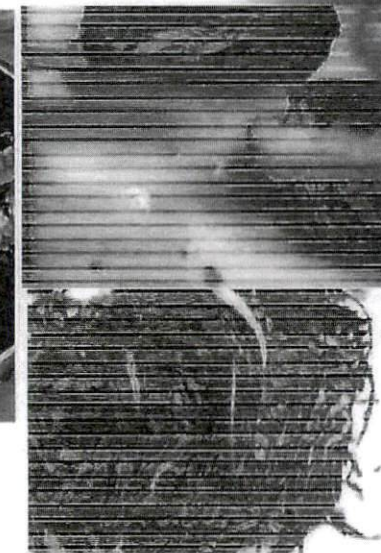
Ingredients:

1 head red leaf- 2" pieces
2 heads romaine- tear or cut into 2" pieces
1 red pepper-cut into rings
1 yellow pepper-cut into rings
½ head red cabbage-shredded
6 baby bellas- cut in half
1 bunch asparagus

YIELDS (2) TS64 SALADS

SPR - \$6.99 ea

Wash all ingredients under tepid water. Tear or cut lettuce into 2" pieces. Mix romaine and red leaf into bowl and divide into two TS64 containers. Cut core of red cabbage and shred on mandolin. Place a handful down center of salad. Cut bottom of asparagus and discard. Cut asparagus into 2" pieces on bias. Place on each side of salad. Place halved mushrooms on top of cabbage down center. Place two red pepper rings and one yellow rings on top of mushrooms as shown. Place Cut n' Ready sticker in middle holding salad vertically.



ORGANIC CRUNCHY SALAD

Ingredients:

USE ONLY ORGANIC VEGETABLES

- 1/2 head red cabbage-diced
- 1 lrg head romaine-cut into 2" pieces
- 1 head green leaf
- 1/2 bag baby carrots
- 1 yellow squash large dice
- 1 lrg red pepper- large dice
- 1/2 head cauliflower cut into florets
- 1 /2 head broccoli cut into florets

YIELDS (2) TS64 SALADS

SRP - \$7.99ea

Wash all ingredients under tepid water. Tear or cut lettuce into 2" pieces. Cut core of lettuce and tear into pieces. Mix romaine and green leaf into bowl and divide into two TS64 containers. Dice pepper, squash, cabbage. Place a row of each vegetable as shown. Place Cut n' Ready sticker in middle holding salad vertically. Place organic label above pick and prep sticker.



ORGANIC TENDER LEAF SALAD

Ingredients:

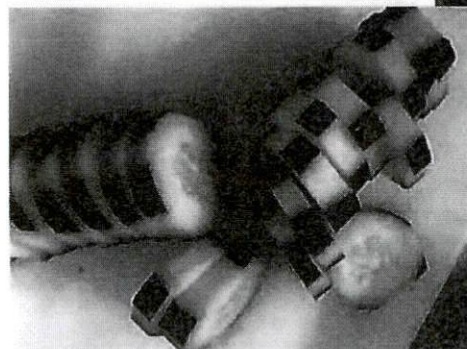
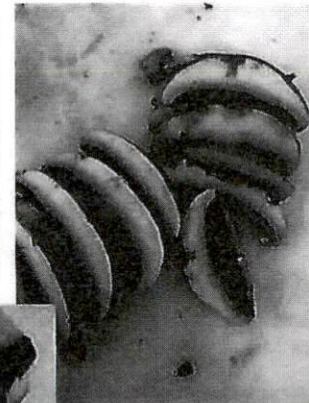
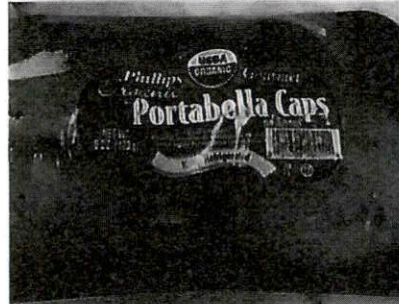
USE ONLY ORGANIC
VEGETABLES!

- 1 pkg Organic Spring Mix
- 1 pkg alfalfa sprouts
- 1 yellow pepper sliced
- 1 cucumber sliced
- 1 pkg portabella sliced across
- 1 containers organic red grape tomatoes

YIELDS (2) TS64 SALADS

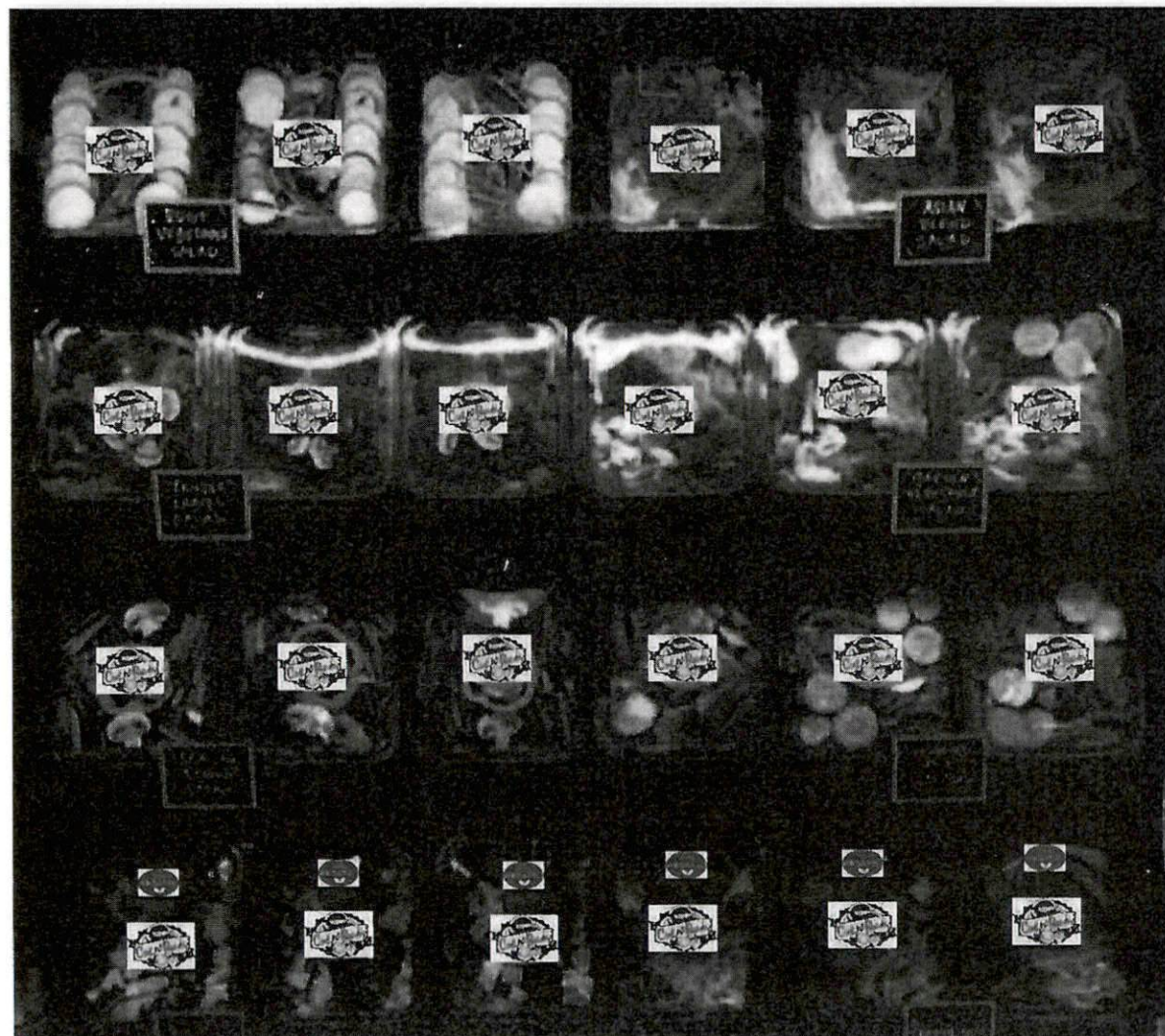
SRP - \$7.99ea

Wash all ingredients under tepid water. Divide salad mix into two TS64 containers. Using mandolin slice cucumbers. Slice pepper and mushrooms. Place a handful of alfalfa in the middle of salad and place vegetables as shown as shown putting tomatoes last. Place Cut n' Ready sticker in middle holding salad vertically, with Organic label above.



CUT N'READY

FRESH MADE SALADS DISPLAY





Cut n' Ready

SPIRAL VEGETABLES

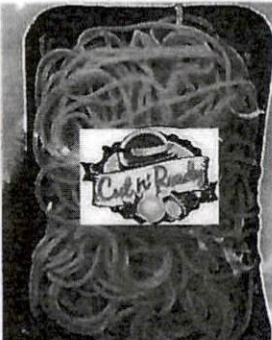
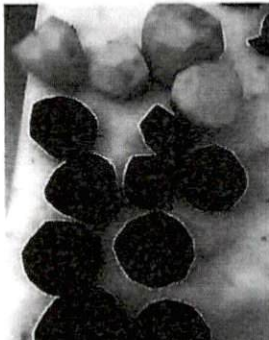


CUT N' READY SPIRAL VEGETABLE SUPPLY LIST

- T24 CONTAINER – MDI # 68227
- Nemco Spiralizer – Special Order – contact Stace Hamberis at Eastern Foods to order – 1-336-416-9172. cost is approx. \$275 - \$300.
- Cut n' Ready stickers can be ordered by contacting Donald Bostic in advertising. donald.Bostic@merchantsdistributors.com

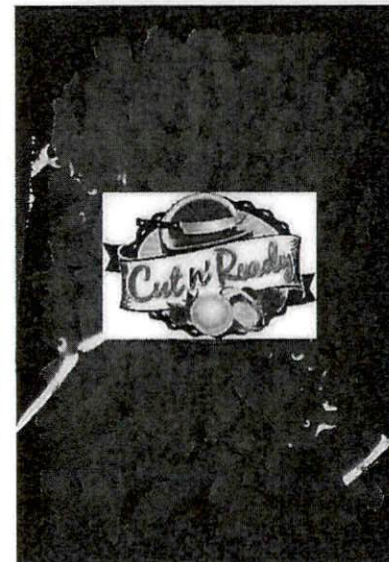
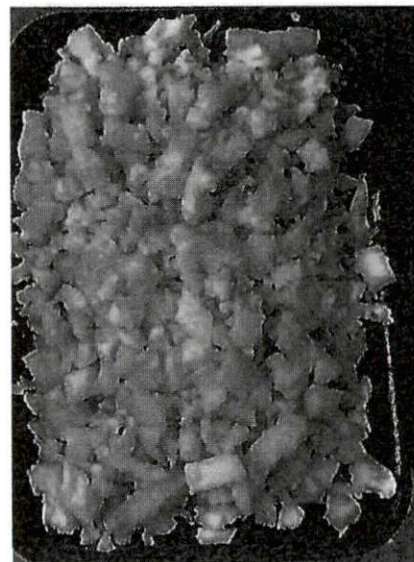
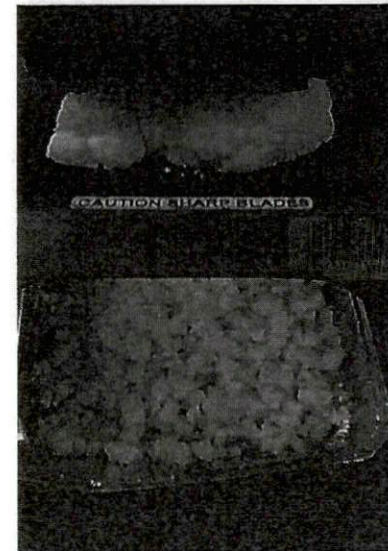
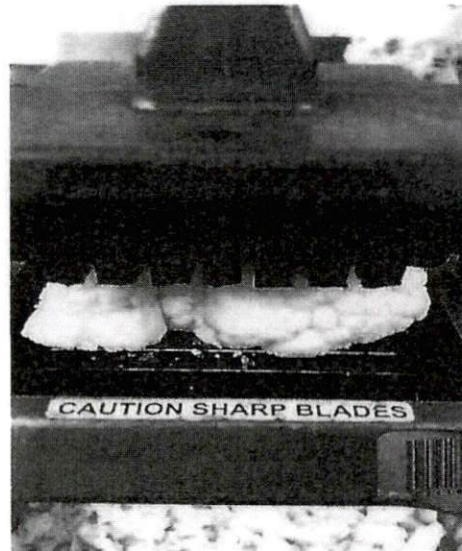
SPIRALED VEGETABLES

- **Ingredients –**
Beets-Yellow and Red
Zucchini squash
Yellow squash
Sweet Potato
Butternut Squash
Purple Sweet Potato
- **Package –** TS24 container
w/ Meat soaker pad in bottom
- **Preparation –**
Wash all produce under tepid water. Peel sweet potatoes, beets, butternut, purple sweet potato, Using Nemco Spiralizer machine crank vegetable through making long strands. Package 1 ¼ - 1 ½ lbs more into #2 tray. For zucchini place soaker pad on bottom before vegetable. Over wrap and place Cut n' Ready sticker in middle as shown.
- SRP – 4.99lb
- Place scale label on bottom of package



CAULIFLOWER CRUMBLES

- **Ingredients** –
2 heads cauliflower
- **Package** – TS24 container
- **Preparation** – Trim cauliflower into small size florets. Using hand dicer, dice cauliflower florets into small dice. Place in TS24 container, placing the Cut n' Ready sticker in middle.
- SRP – 4.99lb
- Place scale label on bottom of package







Cut n' Ready TAILGATE TRAYS

VEGETABLE TAILGATE TRAY

Ingredients:

- 1 - sm celery bunch
- 1 - 16oz. bag baby carrots
- 1 - pint grape tomatoes
- 1 - lrg or 2 sm broccoli crowns

Supplies: Full Slab Rib Tray
MDI Item 55962 (80ct)

SRP - \$8.99 ea

- Gather and wash all produce under tepid water.
- Cut celery into sticks and place into black bottom tray.
- Place carrots into tray.
- Place grape tomatoes into tray.
- Cut broccoli into florets and place into last spot in tray.
- TRAY SHOULD WEIGH 2.5 LBS
- Place Cut n' Ready sticker in middle of tray held vertically.



FRUIT TAILGATE TRAY

Ingredients:

- 1/2 - cantaloupe
- 1/2 - cored pineapple
- 1 - cup strawberries capped
- 1 - TBSP blueberries
- 1 - cup mixed grapes (red and green)

Supplies: Full Slab Rib Tray
MDI tem 55962 (80ct)

SRP - \$9.99

- Gather and wash all produce under tepid water.
- Cut cantaloupe into 1 1/2" chunks and place into black bottom tray.
- Place capped strawberries in tray next following cantaloupe and sprinkle with blueberries.
- Cut pineapple into 1 1/2" chunks. Place into tray.
- Place mixed grapes into last spot in tray.
- TRAY SHOULD WEIGH 2.5 LBS
- Place Cut n' Ready sticker in middle of tray held vertically.



BUILD YOUR OWN KABOB TRAY

Ingredients:

Zucchini, Yellow Squash, Colored Peppers, Green Peppers, Sweet Onion, Baby Bella Mushrooms

Supplies:

Long Rib Tray (MDI # 55962 – 80ct)

Aluminum Foil HD sheets (MDI # 39388 – 500ct)

Kabob Sticks 5 per tray (MDI# 36440 – pk1)

SRP - \$12.99 ea – Tray should weigh 2.5lbs

- Line the bottom of the black tray with an aluminum foil sheet.
- Wash all produce (except mushrooms) under tepid water.
- Wipe mushrooms with a damp cloth to remove and dirt and debris.
- Cut squash lengthwise and then cut into 1" pieces, cut all peppers, and onions into 2" chunks.
- Mix all vegetables with the exception of the mushrooms into a large bowl.
- Place Vegetables into tray and arrange 6-8 mushrooms on top.
- Place 5 kabob sticks per tray on top lengthwise.
- Put lid on the container and place a Cut n' Ready label in middle.



**CUT N' READY
GREAT ON THE
GRILL TRAYS**

GREAT ON THE GRILL SUPPLY LIST

- 8" Metal Cake Pan w/lid – MDI # 55382
- Olive Oil – Pompeian Extra Virgin – MDI # 22846
- Salt Grinder – McCormick – MDI # 13208
- Pepper Grinder – Morton – MDI #20434
- Great on the Grill stickers – MDI #40541
- Cut n' Ready Stickers – order through MDI Advertising by contacting Donald Bostic at (828) 725-4225 or email donald.bostic@merchantsdistributors.com

ASPARAGUS WITH LEMON SLICES

Ingredients:

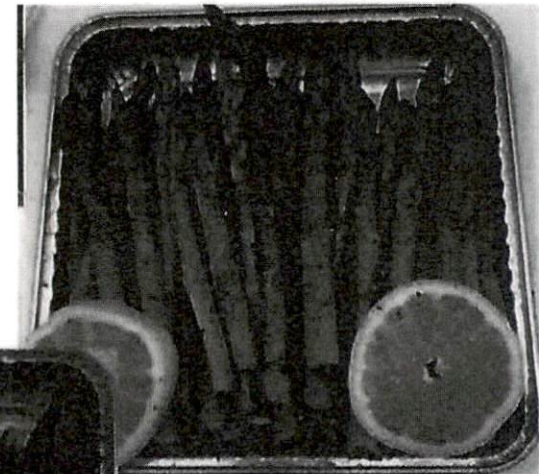
6 Asparagus bunches
1 Large lemon

PLU -
1b

YIELDS 3 Trays

Steps:

- Wash all produce under tepid water
- Trim asparagus ends to fit tray. Place 2 bunches in bottom of each square pan.
- Slice lemon into 6 slices. Place two slices on either side of the tray as shown.
- Drizzle olive oil over the asparagus and grind salt and pepper over each tray.
- Place lid on top and snap in place. Place "Great on the Grill" sticker in the middle and the Cut n' Ready sticker on the bottom left on each lid.
- Weigh each tray and place scale label top middle wrapped around from top to bottom.



SEASONED BRUSSEL SPROUTS

Ingredients:

Brussel Sprouts

Olive Oil

Ground Pepper and Salt

8" Metal Cake Pan w/lid – MDI # 55382

PLU –

SRP - \$4.99 lb

Steps:

- Wash all produce under tepid water.
- Trim ends of brussel sprouts and removing yellow leaves
- Cut brussel sprouts in half – place into a mixing bowl.
- Drizzle brussel sprouts with olive oil and stir to coat evenly
- Place seasoned brussel sprouts into square pan and sprinkle on Ground Pepper and Salt. You can also use a steak seasoning (just program ingredients into you scales to print on scale label).
- Place lid on top and snap in place. Place the Cut n' Ready sticker in the center of the lid
- Weigh each tray and place scale label top middle wrapped around from top to bottom.



GRILLING VEGETABLES

Ingredients:

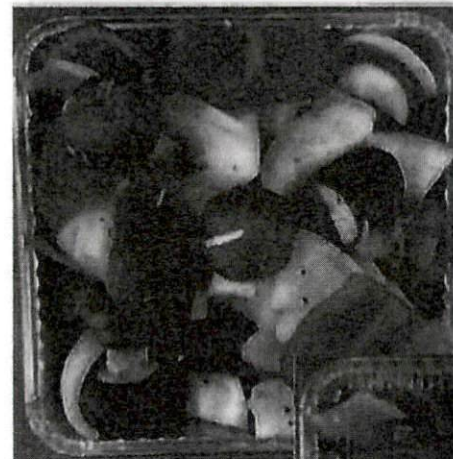
Red, Yellow, Orange and Green Bell Pepper
Vidalia Onion
Yellow and Zucchini squash
Baby Bella mushrooms

PLU –

SRP - \$4.99 lb

Steps:

- Wash all produce (EXCEPT MUSHROOMS) under tepid water.
- Cut all peppers into 2" pieces. Cut all squash into 1" thick half moons. Cut onions into 1" chunks.
- Wipe all mushrooms down with a damp towel to remove debris.
- Mix all veg in a bowl. Coat with 2 tablespoons of olive oil.
- Place approx. 1 ½ lbs of vegetables to cover bottom of metal pan. Place 5 mushrooms on top of the vegetables.
- Grind salt and pepper over each tray.
- Place lid on top and snap in place. Place "Great on the Grill" sticker in the middle and the Cut n' Ready sticker on the bottom left on each lid.
- Weigh each tray and place scale label top middle wrapped around from top to bottom.



POTATO MEDLEY

Ingredients:

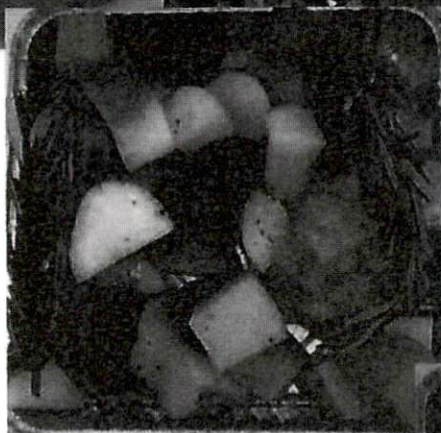
Red Potatoes
Yellow Yukon Gold Potatoes
Sweet Potatoes
Purple Potatoes
Rosemary
Olive Oil
Salt and Pepper

PLU –

SRP - \$3.99 lb

Steps:

- Wash all produce under tepid water.
- Peel sweet potatoes only.
- Cut all potatoes into 1" cubes and put in mixing bowl. Rinse potatoes 3 times to remove all starch.
- Drizzle 2 tablespoons of olive oil over the potatoes in mixing bowl and coat potatoes.
- Place about 1 ½ lbs of potatoes in each grill tray.
- Place a sprig of rosemary on each side of the tray on top of the potatoes as shown.
- Place lid on top and snap in place. Place "Great on the Grill" sticker in the middle and the Cut n' Ready sticker on the bottom left on each lid.
- Weigh each tray and place scale label top middle wrapped around from top to bottom.



SQUASH MEDLEY

Ingredients:

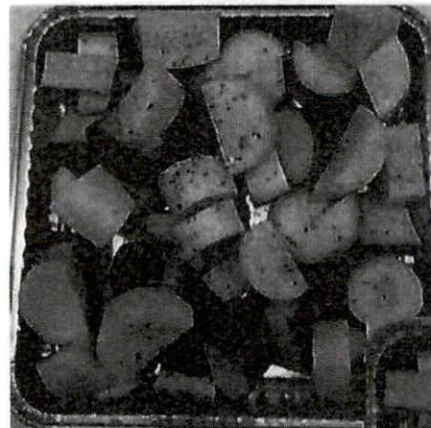
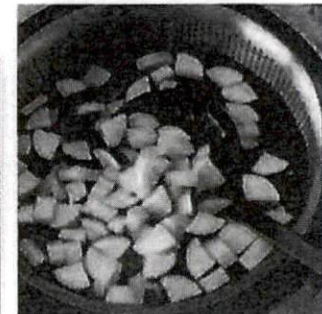
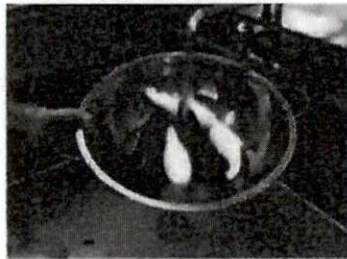
Yellow and Zucchini squash
Olive oil
Salt and Pepper

PLU –

SRP - \$3.99 lb

Steps:

- Wash all produce under tepid water.
- Trim ends of squash and cut into half moons, as shown, and put into a mixing bowl.
- Drizzle 1 tablespoons of olive oil over the squash in mixing bowl to coat lightly.
- Place about 1 ½ lbs of squash in each grill tray.
- Grind salt and pepper over each tray.
- Place lid on top and snap in place. Place "Great on the Grill" sticker in the middle and the Cut n' Ready sticker on the bottom left on each lid.
- Weigh each tray and place scale label top middle wrapped around from top to bottom.



STUFFED PORTABELLA MUSHROOMS

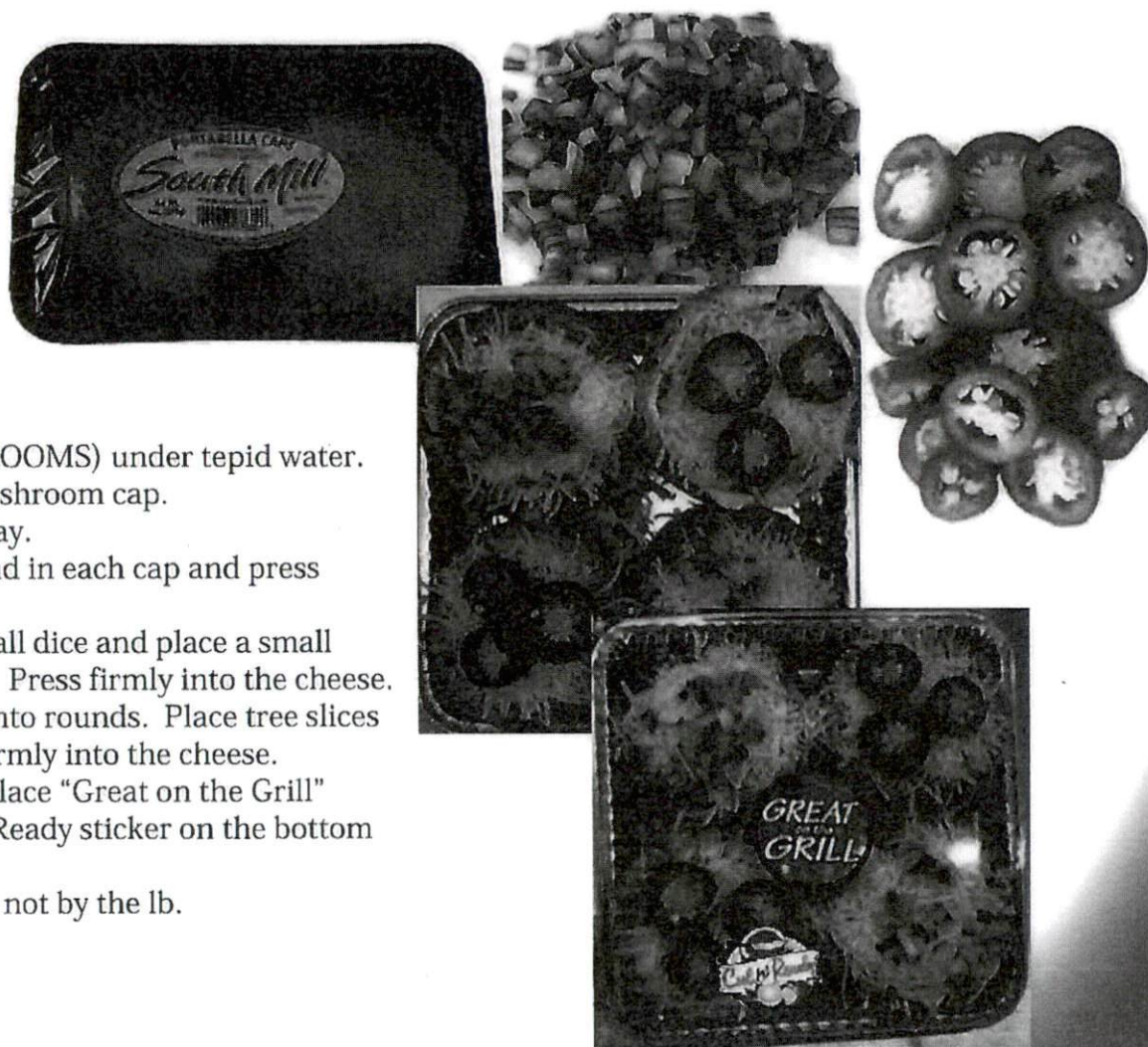
Ingredients:

2 packs of portabella mushroom caps
Mexican Blend Shredded Cheese
Red Onion
Jalapeno Peppers

PLU – **SRP - \$9.99 ea**

Steps:

- Wash all produce (EXCEPT MUSHROOMS) under tepid water.
- If needed remove the stem in the mushroom cap.
- Place 4 caps in the bottom of each tray.
- Place $\frac{1}{4}$ cup of shredded cheese blend in each cap and press firmly into place.
- Peel and trim red onion, cut into small dice and place a small amount on 2 of the mushroom caps. Press firmly into the cheese.
- Trim ends of each pepper and slice into rounds. Place three slices on the remaining 2 caps and press firmly into the cheese.
- Place lid on top and snap in place. Place "Great on the Grill" sticker in the middle and the Cut n' Ready sticker on the bottom left on each lid.
- NOTE: This item is sold by the each not by the lb.



GREAT ON THE GRILL MERCHANDISING





Cut n' Ready Snack Packs

SNACK PACKS – LUNCHBOX READY

Ingredients:

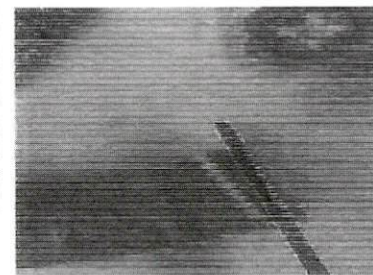
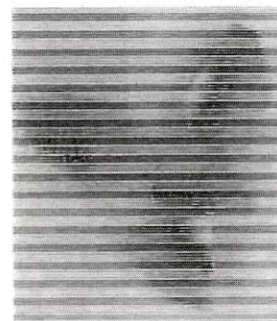
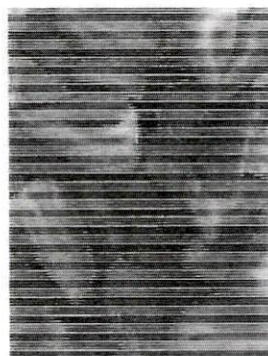
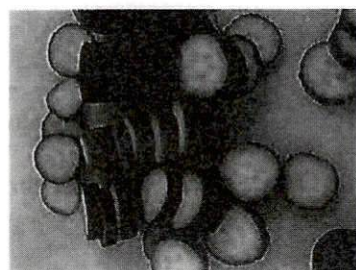
Strawberries
Blueberries
Pineapple
Red Seedless Grapes
Cantaloupe
Kiwi
Petite Carrots
Mini HH Cucumbers
Grape Tomatoes
Yellow Sweet Bell Pepper
Orange Sweet Bell Pepper

Supplies:

4oz small container with lid
Clear Ingredient Label
Cut n' Ready Label

PLU: 4344

SRP: 4/\$5.00



Directions:

Gather all ingredients and rinse under eco wash infused water.

Slice Strawberries in half.

Peel Kiwi and slice into four equal pieces, then in quarters.

Peel pineapple and cantaloupe and chunk into 1/2" pieces. These should be half the size of a Cut n' Ready cut."

Slice cucumber into 1/4" slices. Do not peel.

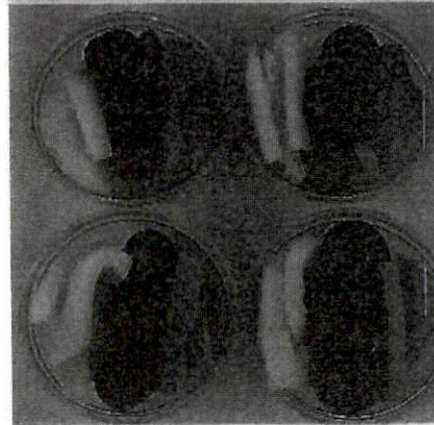
Slice peppers into 1" long strips. These should be 1/8" thick.

Arrange into 4 oz. containers as shown, in next slide.

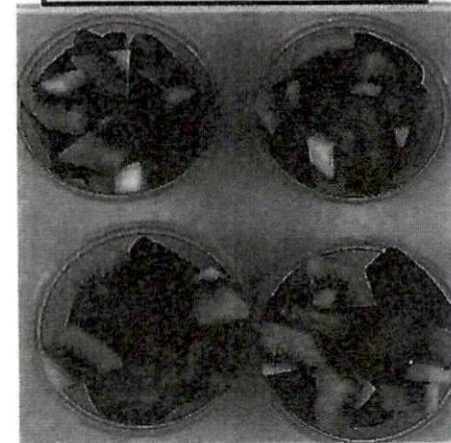
Place Cut n' Ready Sticker in center top of lid. Place clear ingredient label top side as shown , and use produce gun label to date bottom. Fruit-5 days Veg- 6 days.

Snack Packs – Lunchbox Ready

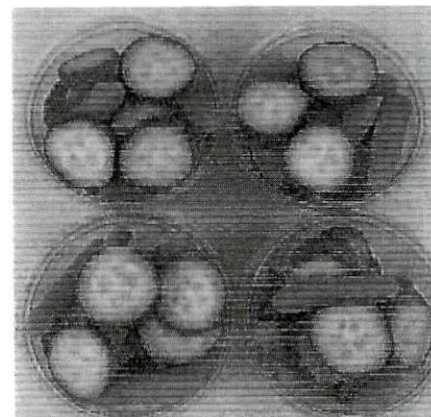
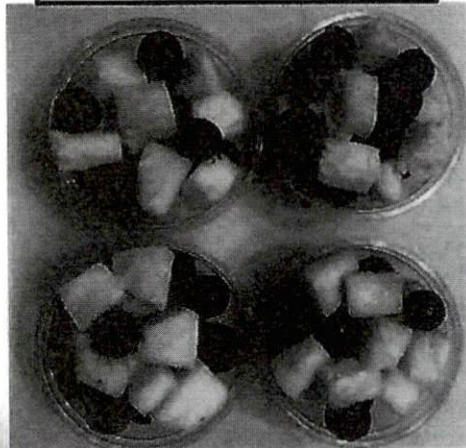
Sweet Pepper and Grape Tomato



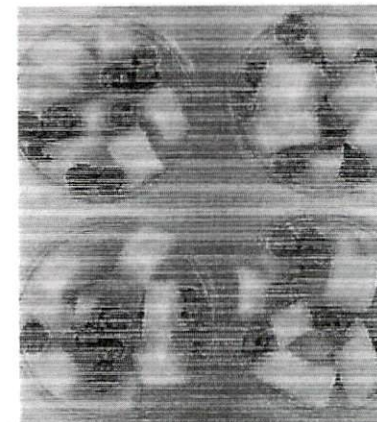
Strawberries and Kiwi



Pineapple & Red Grapes



Cucumber and Petite Carrots



Cantaloupe and Blueberries

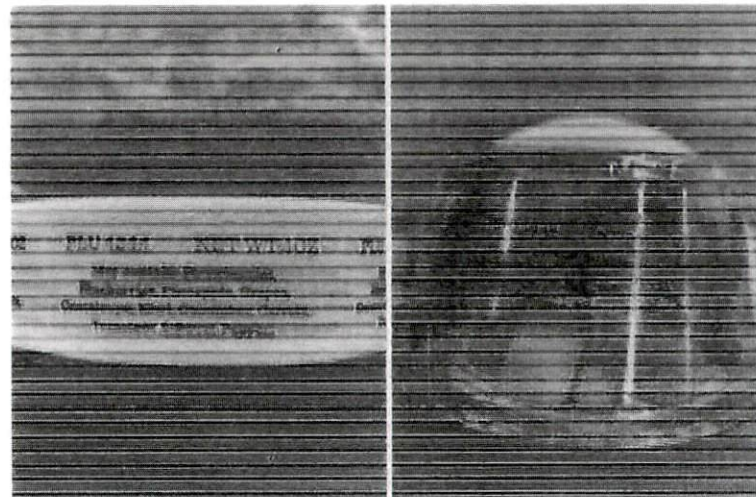
LUNCHBOX PACKS LABELING AND DATING

Step 1: Place Clear Label in Center
of Lid

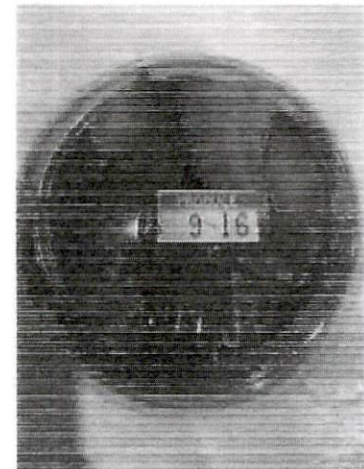


Step 2: Place Clear Ingredient Label on
Side of Container- in Center

(MDI # 796192 pk 4 rolls/500 each roll)



Step 3: Sticker the bottom
using Produce Monarch
Gun- Fruit 5 days/
Vegetable 6 days Shelf
Life





SUPPLY ITEM LIST

Item #	Item Description	Pack	Cost
327272	TS16 safety container	240	\$34.18
327283	TS24 safety container	200	\$36.61
327284	TS32 safety container	200	\$37.81
327098	48oz Bowl Lid	300	\$41.20
327097	48oz Bowl Bottom	300	\$73.06
41301	Black Tray, 20s	500	\$19.15
41299	Black Tray, 10s	500	\$22.45
* 799956	Pineapple Corer	1	\$349.00
* 799957	Sample Stand	1	\$149.00
* 250109	20qt Stainless Steel Mixing bowl	1	\$6.47
* 141950	14qt Colander	1	\$20.97
* 708317	18" Magnetic Knife Bar	1	\$13.05
* 219807	3-way Sharpening Stone with oil	1	\$143.29
* 657872	Sharpening Steel	1	\$24.43

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SUPPLY ITEM LIST

Item #	Item Description	Pack	Cost
40562	10" Curved Knife	1	\$32.83
* 219800	10" Chef Knife	1	\$20.05
* 219900	6" x 3" Scraper	1	\$5.80
* 126211	24" x 24" x 3/4" Cutting Board	1	\$44.44
* 721339	Slicer, Mandolin,	1	\$40.74
* 429908	Apple slicer	1	\$13.23
* 126920	Grater	1	\$14.06
* 114719	Kitchen Scissors	1	\$6.43
* 123650	Vegetable Peeler	1	\$5.24
* 6008920	Double 7/8 & 1" Melon baller	1	\$8.03
* 603050	Vegetable Brush	1	\$7.26
30880	Medium Vinyl Plastic Gloves	1000	\$18.10
39028	Hair Nets	100	\$2.09
call advertising	Cut n' Ready Labels	1000	\$19.00
call advertising	Ingredient Labels	3200 (32 different labels)	\$608.00
62318	Organic Labels	500	\$2.49

PLAN- Deluxe



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