

Copied From <https://www.aphis.usda.gov/aphis/resources/traveler/intl-travel/travelers-canada/traveler-canada-meats-poultry-dairy/canada-meats-poultry-dairy> on 3/1/23:

### CANADA: Meats (fresh, chilled, frozen)

No import permit or documentation is required for travelers to bring back up to 50 pounds of meat (total) of the following types of fresh (chilled or frozen), cooked, cured or dried meats from Canada: beef, bison, veal, sheep (lamb, mutton), goat, swine and camelid. Travelers can also bring in personal-use amounts of foods containing beef, veal or bison.

Personal-use amounts of cervid meat (deer, elk, moose, caribou), including hunter-harvested cervid meat, is allowed if the traveler presents the Customs and Border Protection officer with evidence that the product is cervid meat, such as a valid hunting license or commercially prepared labels found on unopened packages or other official documents.

**There is a limit of 50 lbs. per vehicle.**

### CANADA: Poultry Meat

No import permit or documentation is required for travelers to bring back personal-use amounts of poultry meat from Canada.

There may be temporary restrictions for travelers to bring back personal-use amounts of poultry meat from Canada. Please visit [Imports: Animal and Animal Products](#) and view the “temporary restrictions” section.

**There is a limit of 50 lbs. per vehicle.**

### CANADA: Dairy Products (Milk, Cheese, etc.)

Travelers may bring back milk and other dairy products from Canada with proof of Canadian origin: package label; written documentation; proof of travel (passport or travel itinerary); origin of flight; receipt of sale; or a certificate.

### CANADA: Eggs or Egg Products

No import permit or documentation is required for travelers to bring back personal-use amounts of eggs or egg products from Canada.

There may be temporary restrictions for travelers to bring back personal-use amounts of poultry meat from Canada. Please visit [Imports: Animal and Animal Products](#) and view the “temporary restrictions” section.

## Fresh Fruit & Vegetables

**Almost all fresh fruits and vegetables (whole or cut) are prohibited from entering the United States** because of the potential pest and disease risks to American agriculture. This includes fresh fruits or vegetables given to you on your airplane or cruise ship. Please plan to leave them behind.

### CANADA: Fresh Produce that you CAN Bring to U.S.

**Travelers crossing a land border into the United States may bring**, for personal consumption, some (*but not all*) fresh fruits and vegetables that were grown on a commercial orchard/farm in Canada, *if all* of the conditions below are met and confirmed by the U.S. Customs and Border Protection agriculture specialists at the border:

- Produce is **free of soil, pests, and diseases**;
- Traveler has **sufficient documentation to clearly demonstrate that the item(s) was actually grown in Canada** and not just sold there. Individual stickers on produce or fruit/vegetable bags commercially labeled as “Produce of Canada” may be accepted as proof of origin. You are encouraged to keep sales receipts as additional proof as well. For produce purchased at a commercial pick-your-own farm, you must have a dated receipt showing the name/address of the farm;
- Traveler is **entering the United States within the May 1–October 31** Canadian growing season if produce is field grown. Field-grown produce presented for inspection before or after that date range may be refused entry. However, fresh cucumbers, eggplant, lettuce, squash, and strawberries clearly labeled as having been grown in a commercial greenhouse in Canada may enter the United States year-around. Sea buckthorn berries may also enter year around; and
- Produce **variety is not listed as prohibited** in red drop-down box.

**Travelers may not bring** U.S.-grown produce they previously brought into Canada back across the border unless the items are whole and still in their original packaging, and any item listed in "*Fresh Produce that you CANNOT Bring into U.S.*" panel below—such as citrus, tomatoes, or peppers—even if U.S.-grown, may not re-enter the United States. **Note:** U.S. Customs and Border Protection agriculture specialists at the border will make the final determination as to what products may enter.

## CANADA: Fresh Produce that you CANNOT Bring to U.S.

### **The following is a list of fresh produce that is prohibited or restricted entry:**

**Allium:** (includes chives, garlic, garlic chives, green onion/Welsh onion, green bunching onions, leeks, onion, ramps, scallions, and shallots): all fresh allium bulbs are prohibited unless accompanied by a phytosanitary certificate issued by the [Canadian Food Inspection Agency \(CFIA\)](#) containing an additional declaration stating the shipment is free of *Acrolepiopsis assectella*. [CFIA contact information](#). However, thoroughly dried allium bulbs (papery skin) may enter without such documentation.

**Arrowhead (Tuber):** Travelers who wish to bring arrowhead tubers from Canada into the United States must first obtain a [PPQ Form 526, Noxious Weed Permit](#) from USDA's Animal and Plant Health Inspection Service. Information on how to apply for the permit can be found [here](#).

**Avocados:** travelers may not bring fresh avocados into the United States, as avocado cannot be commercially grown in the Canadian climate.

**Bananas:** travelers may not bring fresh bananas into the United States (bananas cannot be commercially grown in the Canadian climate).

**Blackberries:** European blackberries (*Rubus fruticosus*) are *prohibited* entry. However, all other blackberry varieties may enter.

**Cherries:** Fresh cherries grown in Ontario Province are *prohibited* entry into the United States. However, fresh cherries commercially grown in a Canadian Province other than Ontario may enter if accompanied by documentation demonstrating the Province of origin.

**Fresh Chestnuts:** travelers are prohibited from bringing chestnuts that were grown in any country other than Canada, Mexico, or the United States. Chestnuts commercially packaged and labeled as grown in Canada, Mexico, or the United States are allowed entry.

**Chives:** See *Allium* above.

**Citrus:** travelers are *prohibited* from bringing *any* type of fresh citrus fruit—even citrus bearing a U.S.-grown label—into the United States.

**Coconut:** coconut is prohibited entry if liquid and/or any portion of the husk is present.

**Corn on the cob:** Travelers are prohibited from entering with any variety of fresh corn grown in any Canadian province (except British Columbia) if destined for Arkansas, Arizona, California, Hawaii, Idaho, New Mexico, Nevada, Oregon, Washington, or Utah. Fresh corn commercially grown in any Canadian Province may enter any other State. Fresh corn commercially harvested in British Columbia with proof of origin may enter any U.S. State without restriction.

**Edible Flowers:** Only the following edible flowers from Canada can enter: *Calendula* spp. (pot marigold), *Tagetes* spp. (marigold), *Tropaeolum* spp. (nasturtium), and *Viola* spp. (johnny-jump-ups, pansies, and violets). Edible flowers not completely free of stems and leaves will be prohibited entry.

**European Blackberries ( *Rubus fruticosus* ):** Travelers are *prohibited* from bringing European blackberries into the United States because that species is considered to be a Federal noxious weed. However, all other blackberry varieties may enter.

**Garlic:** See *Allium* above.

**Garlic Chive:** See *Allium* above.

**Green Onion/Welsh Onion/Green Bunching Onion:** See *Allium* above.

**Guava:** travelers may not bring fresh guavas into the United States (*guava cannot be commercially grown in the Canadian climate*).

**Leeks:** See *Allium* above.

**Okra:** travelers may not bring fresh okra or okra seeds into the United States.

**Onion:** See *Allium* above.

**Papaya:** travelers may not bring fresh papayas into the United States (*papaya cannot be commercially grown in the Canadian climate*).

**Fresh Peanuts:** commercially packaged peanuts (raw, in shell, or roasted) labeled as grown in Canada or the United States may be allowed entry (*note: peanuts grown in certain other countries may be prohibited entry*).

**Peppers:** Travelers are *prohibited* from bringing any fresh sweet or hot peppers of any variety from Canada into the United States.

**Pineapple:** travelers may not bring fresh pineapple into the United States (*pineapple cannot be commercially grown in the Canadian climate*).

**Potatoes** (with or without peel): Travelers may enter the United States with fifty pounds or less of fresh potatoes intended for a traveler's personal use if free of soil and commercially packaged/labeled as grown either in Canada or the United States.

**Shallot:** *See Allium above.*

**Tomatoes:** Travelers are *prohibited* from bringing fresh tomatoes of any variety into the United States, regardless if commercially grown or home grown.

**Tropical fruits and vegetables:** travelers may not bring any fresh tropical fruits or vegetables into the United States, because such produce cannot be grown in Canada.

**Water Spinach** (Fresh leaf, fresh green stem): Travelers wishing to enter with fresh perishable water spinach must first obtain a PPQ Form 526, Noxious Weed Permit from USDA's Animal and Plant Health Inspection Service. Information on applying for the permit can be found [here](#).

## Frozen Fruit & Vegetables

As with fresh fruits and vegetables, **almost all frozen fruits and vegetables are prohibited** from entering the United States because some pests and diseases can survive very cold temperatures. Please plan to leave them behind.

### CANADA: Frozen

Travelers may bring certain **commercially** packaged frozen fruits and vegetables grown in Canada if the product does not contain any meat products and is frozen solid, (i.e., 20 degrees Fahrenheit or minus 6.6 degrees Celsius) when presented for entry at the border. However, most produce varieties listed above as prohibited when fresh (allium, citrus, peppers, tomatoes, etc.) are also prohibited when frozen. All such products must be declared and presented at entry, and U.S. Customs and Border Protection agriculture specialists will make the final determination as to what products may enter.

## Canned Fruits & Vegetables

Travelers may bring commercially canned fruits and vegetables into the United States as long as you declare them on your U.S. Customs form. **Home-canned products are not allowed entry** because canning practices can vary and may not remove all pest and disease risks.

### CANADA: Canned

Travelers may bring commercially canned fruits and vegetables (not containing any meat products) into the United States. All such products must be declared and presented at entry, and U.S. Customs and Border Protection agriculture specialists will make the final determination as to what products may enter.

## Dried Fruits & Vegetables

**Most dried fruits and vegetables are not allowed** into the United States without meeting special requirements to prevent the introduction of pests and diseases.

The following dried products are generally allowed but you must declare and present them to U.S. Customs and Border Protection for inspection:

- Beans
- Dates
- Figs
- Nuts (but not chestnuts or acorns)
- Okra
- Peas
- Raisins
- Szechwan peppercorns

## CANADA: Dried

Most fruits and vegetables grown in Canada that were *commercially dried* are allowed entry into the United States. All such products must be declared and presented at entry, and U.S. Customs and Border Protection agriculture specialists will make the final determination as to what products may enter.