

Fresh Fruit and Vegetable Program

The goals of the FFVP are to:

- Create a healthy school environment
- Delay hunger between meals
- Help children learn healthier eating habits
- Broaden children's exposure to fresh fruits and vegetables
- Increase children's fruit and vegetable consumption
- Provide an opportunity for nutrition education
- Make a difference in children's diets
- Impact their present and future health
- Combat childhood obesity

Walker County Selected Elementary Schools

What is the Fresh Fruit and Vegetable Program?

- A USDA federal funded grant
- Provides **FREE** healthy *snacks* of fresh fruit or vegetables to students

When, Where, and Who?

- *Rossville Elementary School*
students receive snacks
- Served between meals in the classroom
- Served 3 to 5 days a week based on funding.
- Served in addition to breakfast and lunch
- Prepared by Nutrition Program staff and served by Teachers & Para-Professionals

Food Safety

Fruit and Vegetables will be prepared and served under strict food safety rules and guidelines.

Walker County School Nutrition Program

What kinds of fruits and vegetables will be served?

- Lots Of Variety
- Always Fresh Produce
- A Minimum Of One Vegetable Per Week
- Usually 2 - 4 Fruits Per Week
- **EXAMPLES** of Fruits offered:
oranges, apples, bananas, kiwi, plums, grapes, bosc pears, strawberries, blueberries, star fruit, nectarines, tangerines, melons

- **EXAMPLES** of Vegetables offered:

zucchini & yellow squash, grape

tomatoes, cucumbers, red & yellow peppers, avocado, broccoli, carrots, celery, cauliflower.

Moms and Dads

Getting kids to eat more fruits and veggies is a challenge for parents. Through this federal grant, we hope your children will learn to enjoy and increase their consumption of fruits and vegetables at home and school

What Can Parents Do?

- Encourage students to sample every fresh fruit or vegetable offered in the snack program.
- Be positive regarding new fruits and vegetables served at school.
- Talk to them about the benefits of healthy eating habits.
- Try fruits and vegetables in new ways with your children.
- Eat fruits and veggies of different colors- red, dark green, yellow, blue, purple, white and orange to get the broadest range of nutrients.

For more nutrition information on the benefits of fruits and vegetables, go to www.fruitsandveggiesmatter.gov

Help Kids eat more fruits and vegetables at home

1. Keep a bowl of fresh fruits on the counter. Refrigerate cut up fruits and vegetables in small bags for easy snacks on the run.

2. Serve fruits and vegetables at every meal. Add grated or cut vegetables into entrees, side dishes, and soups. Top off cereal with fruits.

3. Set a good example. Snack on fruit and order salads, soups, or vegetable sides when at restaurants.

4. Pack the refrigerator, freezer and cupboard with fruits and vegetables.

5. Challenge family members to reach their daily fruits and vegetable goal.

6. Let children choose which fruits and vegetables to serve and how to incorporate them into their favorite meals.

8. Make fruits and vegetables fun. Try dressing up sandwiches with faces and smiles made from fruits and vegetables.

9. Keep trying. It may take multiple times before a child acquires a taste for new fruit or veggies.

10. Encourage friends or relatives to offer vegetables and fruits to your children.

For more information or questions concerning the FFVP or the School Nutrition Program, Contact:
the cafeteria manager at one of the selected Elementary Schools

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