

## Your school has been selected to participate in the Fresh Fruit and Vegetable Program!

### What is the Fresh Fruit and Vegetable Program?

The United States Department of Agriculture's (USDA) Fresh Fruit and Vegetable Program provides fresh fruits and vegetables to students throughout the school day. Schools receive funds to order fresh fruits and vegetables for use outside of the cafeteria.



### When and where can fresh fruits and vegetables be offered?

Schools may offer fresh fruits and vegetables in classrooms, hallways, or elsewhere at any time during the school day. Produce can also be used for classroom activities. If you have ideas on how you would like to see fresh fruits or vegetables offered, share those ideas with your principal and/or the foodservice director.

#### Did you know?

There is no requirement for specific serving sizes. Serving sizes should be appropriate for the age of the student. For example, sliced apples may be more appropriate for younger children since they may be missing some of their front teeth, while older students may want a whole apple.

### How are fresh fruits and vegetables distributed to the students?

Each school can find a system that works for them. Schools may want to distribute fruits and vegetables based on the ages of the students. In the lower grades, it may be easier to serve the students in their classrooms. USDA encourages schools to develop innovative and varied methods to offer the fruits and vegetables to students.

### What can you do?

YOU can help your child become healthier when you offer fruits and vegetables at home. Fruits and vegetables are a nutritious option for meals and snacks.



Parents and caregivers serve as role models for children. Enjoy fruits and vegetables with your child. Be willing to try a wide variety of fruits and vegetables.

### What are easy ways to include fruits and vegetables into the day?

There are many ways to include fruits and vegetables into the day. Start the day by adding bananas or strawberries to breakfast cereal. Include plenty of vegetables on sandwiches. Encourage your child to choose fruits and vegetables offered as part of the school lunch program. Use fruits in salads and smoothies. Offer apples or carrots as an after-school snack. Have your child help you chop peppers, lettuce, onions, and tomatoes as taco toppings for supper. Top off the day with a delicious plum or pear.

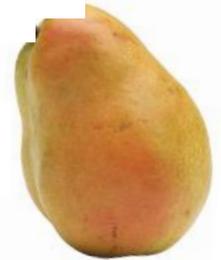
Visit the websites found on the back of this brochure for more ideas.

Have fun! Most of all help your child develop healthy eating habits!



### What is the purpose of the program?

The purpose of the Fresh Fruit and Vegetable Program is to provide free, fresh fruits and vegetables to students. The program encourages students to eat more fruits and vegetables.



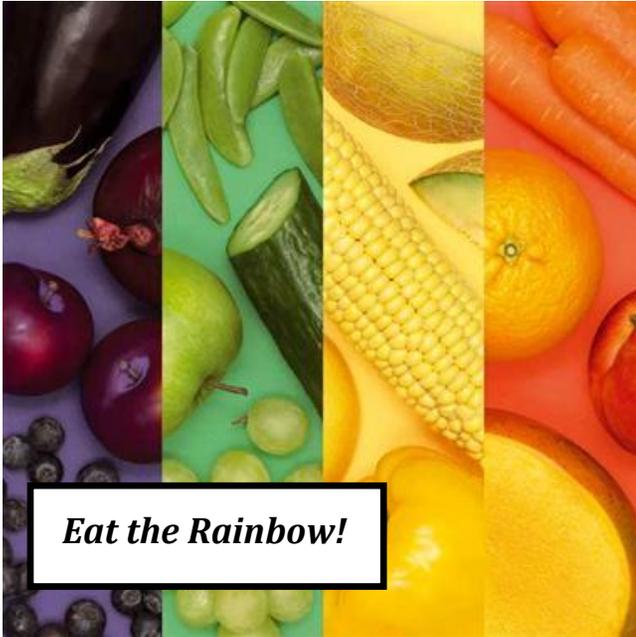
#### Did you know?

MyPlate ([www.choosemyplate.gov](http://www.choosemyplate.gov)) encourages school-age children to eat **1 ½ - 2 ½ cups of vegetables a day** and **1 - 1 ½ cups of fruit a day**.

The Fresh Fruit and Vegetable Program available in your school provides an excellent opportunity for your students to meet the suggested servings during their school day. Fruits and vegetables served in their most “whole” or “natural” forms are the most nutritious.

## Who participates in this program in IN?

There are over 100 elementary school buildings that participate in the Fresh Fruit and Vegetable Program. A listing of these Fresh Fruit and Vegetable Schools can be found at [www.doe.in.gov/FFVP](http://www.doe.in.gov/FFVP).



For more information about helping kids eat their fruits and vegetables, visit:

-  [www.doe.in.gov/FFVP](http://www.doe.in.gov/FFVP)
-  [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)
-  [www.pbhfoundation.org](http://www.pbhfoundation.org)
-  [www.choosemyplate.gov](http://www.choosemyplate.gov)
-  [www.fns.usda.gov/tn/](http://www.fns.usda.gov/tn/)
-  [www.doe.in.gov/tn](http://www.doe.in.gov/tn)

There are many sites with valuable information. Inclusion of these sites does not constitute endorsement. Additional information can be found by typing into search engines, words such as “fresh fruits” or “fresh vegetables.”



This project has been funded in part with Federal funds from the US Department of Agriculture. USDA and the State of Indiana are equal opportunity providers and employers.

Information for Parents

# The Fresh Fruit and Vegetable Program in Your School!