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 & 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 students become healthier when you consume the fruits and vegetables that are offered as well. While the program is targeted at students, it recognizes the important connection between students, teachers, and school staff. Teachers and school staff can encourage students to try the fresh fruits and vegetables that are offered. Nutrition education lessons that go along with the fresh fruit and vegetable snack can help increase the consumption of fresh fruits and vegetables.

How can you help make the program stronger?

Nutrition education is critical, and teachers are encouraged to reinforce healthy eating with healthy education! Curriculum ideas and resource websites can be found on the back of this brochure. Have fun! Most of all help your students develop healthy eating habits!

Fresh fruits and vegetables can be brought into the classroom to complement and/or reinforce a lesson. Your geography lesson can be reinforced by serving fresh fruits or vegetables available in the region the students are studying. Studying percentages in math? Use a piece of fruit to show quarters, half, thirds, and so on. The best part is the lesson becomes edible! Work with your schools foodservice director to bring in the fresh fruits and vegetables that you desire.

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 ~~fresh~~ fruits and vegetables.

Did you know?

MyPlate (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 108 elementary schools 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

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

- www.doe.in.gov/FFVP
- www.fruitsandveggiesmorematters.org
- www.pbhfoundation.org
- www.choosemyplate.gov
- www.fns.usda.gov/tn/
- www.doe.in.gov/FFVP

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

FRESH FRUIT & VEGETABLE PROGRAM

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Information for Teachers

The Fresh Fruit and Vegetable Program in Your School!