

Fresh Fruit and Vegetable Program 2011-2012 School Year Training

FFVP Planning, Promotion, and
Nutrition Education



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IN Department of Education
June 16, 2011



Congratulations!

You are one of the 106 schools that was selected to participate in the Fresh Fruit and Vegetable (FFVP) for School Year 2011-2012



Program Goals

- Create healthier school environments by providing healthier food choices
- Expand the variety of fruits and vegetables children experience
- Increase children's fruit and vegetable consumption
- Make a difference in children's diets to impact their present and future health



Agenda

- 🍎 Fresh Fruit and Vegetable Program (FFVP) background
- 🍎 Marketing the program in your school
- 🍎 Nutrition Education & Partnerships
- 🍎 Produce Food Safety
- 🍎 Housekeeping of the FFVP
- 🍎 Inspiring Words from our Sponsors
- 🍎 Q & A session

FFVP Background

- The program began in 2002 as a pilot program in 4 States and one Indian Tribal Organization: Iowa, Indiana, Michigan and Ohio
- It has since become a permanent program that was expanded to cover selected schools in all 50 States, as part of the [2008 Farm Bill](#)

USDA Video Presentation

Goals and Benefits of the Fresh Fruit and Vegetable Program



Sowing the Seed



FFVP Marketing Ideas

- Be proud of your program
 - Announce the program in newsletters and on the school's websites
 - Fill display cases and bulletin boards about the program
 - Alert local media
- Seek support from staff, students, parents, organizations, and local growers/stores

There are no funds available for nutrition promotion and education

Marketing Ideas

School Registration
Social Media (Facebook)
Bulletin Boards in Cafeteria
Back to School Night
School Newsletter
Morning Announcements
Local Radio/TV
Electronic Signs
Classroom Activities
Music/singing

F/V Mascots
School Website
Health Fair
Posters
Contest (guess the F/V)



Sprouting the Seed



Nutrition Education

Nutrition Education

-  For some students, the produce students see in schools might be their first exposure to fruits and vegetables
-  Provide education using a variety of methods depending on the grade level

There are no funds available for nutrition promotion and education

Nutrition Education Ideas

Science Experiments
Weighing/Measuring
Story Problems
Internet Researching
Language (adjectives for F/V)
Health/Fitness Activities
Writing Projects
Gardening/Composting
Graphing (likes and dislikes)
Daily Activity Sheets

Make Recipe Books
Art Projects
Trivia
Nutrition Facts



Partnerships

- Establish partnerships
- Outside support, collaboration and partnerships have been essential elements of FFVP success
 - Examples of partnerships include: Community Health Agencies, Extension agents, hospitals, local grocers

Partnerships

School Benefits

- ⊕ Children have more enriching educational experience
- ⊕ Business community takes responsibility for quality of education
- ⊕ Student achievement is increased through expanded opportunities

Business Benefits

- ⊕ Increase health of future work force (“A child who is hungry and cannot learn may become a man or woman who cannot earn”).
- ⊕ Influence public education
- ⊕ Boost employee morale through volunteerism

Partnership Ideas

Food Distributors

Health Associations

Hospitals

Extension Agencies (Purdue Extension, Professor Popcorn)

State and National Affiliates (Heart, Diabetes, Dietetic Associations)

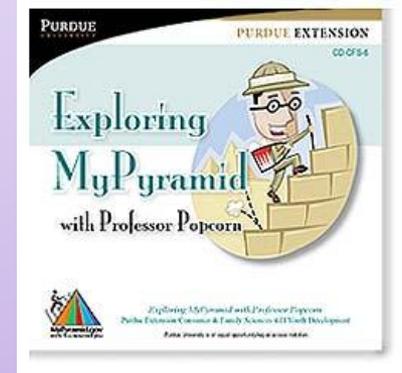
Local Grocers and Stores

Community Health Agencies

Parent Teacher Association

Wellness Committee

School Administrators/Teachers



Produce Safety

Presentation by:

Heather Stinson, Team Nutrition Specialist
for School Nutrition Programs



**TIME FOR
A BREAK...**



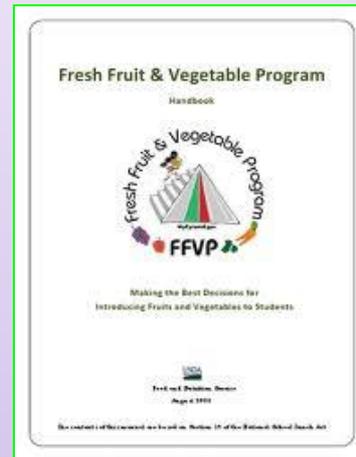
Nurturing the Plant



Handbook Highlights

Available at

http://www.doe.in.gov/food/freshfruit_veg_program.html



Please take the time to read the handbook

Who can Have the snack?

Handbook page 10

- 🌈 All elementary school children who normally attend the school
An elementary school is defined as grades 6 and below
- 🌈 Children enrolled in a Head Start Program, Split-Session Kindergarten, and Early Head Start Program located in your school are eligible to receive fruit and vegetable snacks
- 🌈 Only teachers who are directly responsible for serving the fruit or vegetable to their students

Who Cannot Have the snack?

Handbook page 10

-  School staff – the FFVP is not available to the general teacher population and other adults in the school
-  Parents, grandparents, aunts, and uncles
-  Other community residents
-  Junior high and high school students

The FFVP is designed to target elementary aged children. Funding used to pay for snacks for older students and adults take away from opportunities towards elementary children.

When can the snack be served?

Handbook page 12

- During the school day or at a school activity during the school day
- Snacks cannot be served before school or during afterschool programs
- Snacks cannot be served during the NSLP or SBP meal service periods



Where to Serve Snacks?

Handbook page 12

- Classroom
- Gymnasium
- Cafeteria (separate from NSLP/SBP)
- Hallways
- Nurse and school offices
- At kiosks
- In free vending machines, and
- As part of nutrition education activities



Foods Not allowed

Handbook Page 14

🌈 The FFVP does **NOT** allow:

- ⊕ Processed or preserved fruits and vegetables, such as canned, frozen and vacuum packed
- ⊕ Dip for fruits
- ⊕ Fruit leather
- ⊕ Jellied fruit



FFVP does not allow (con't):

- ✦ Full-strength freshly squeezed fruit or vegetable juices
- ✦ Trail mixes or fruit mixtures
- ✦ Cottage cheese
- ✦ Fruit or vegetable pizzas
- ✦ Dried fruit
- ✦ Edible flowers
- ✦ Smoothies
- ✦ Fresh herbs



Processed or Preserved?

- Approved additives or preservatives to pre-cut fresh fruits and vegetables according to USDA are ascorbic acid and citric acid
- If a product claims it is preservative or additive free, make sure to check the ingredients before purchasing it

Serving Dips with Vegetables

Handbook Page 15



If you serve dip with vegetables, choose low fat yogurt-based or other low-fat dips. The amount should be what is commonly noted as a “Serving Size” for condiments and as shown on produce “Nutrition Facts” labels; **1 to 2 tablespoons**

Vegetable Limitations (cont.)

Service of “prepared” vegetables

- ✦ Fresh vegetables that are cooked, must be limited to once-a-week and always as part of a nutrition education lesson



“Buy American”

Handbook page 18



🌐 “Buy American” requirement applies to purchases made with FFVP funds

Schools must purchase to the maximum extent possible domestically grown fresh fruits and vegetables

Domestic product or commodity: One that is produced in the United States or is processed in the United States *substantially* using agriculture commodities that are produced in the United States

Special Dietary Needs

Handbook page 3

- **For texture modifications** (e.g. pureed fresh fruits and vegetables), **it is not required to have a physician's statement**
- **It is highly recommended that a school have physician's statement for texture modifications**

Special Dietary Needs

- If the child cannot tolerate the food in an altered format and **requires a substitution**, the school is **required to have a physician's statement**
- You must and should accommodate these children who cannot have pureed fresh fruits and vegetables, but with a physician's statement on file

Special Dietary Needs

Physician's statement

- ⊕ Child's disability
- ⊕ An explanation of why the disability restricts the child's diet
- ⊕ The major life affected by the disability
- ⊕ The food or foods to be omitted from the child's diet, and the food or choice of foods that must be substituted



Reimbursable Cost

Handbook page 22

🌈 Program costs are broken down into three categories:

- ⊕ Fresh Fruit and Vegetables
- ⊕ Operating Costs
- ⊕ Administrative Costs



Operating Cost

- Expenses for acquiring, delivering, preparing, and serving fruits and vegetables
 - ⊕ Dips of vegetables
 - ⊕ Buying nonfood items like napkins, paper plates, serving bowls, and trays
 - ⊕ Labor cost directly related to the preparation and/or serving of the fresh fruits and vegetables.
 - ⊕ Delivery charges for produce

Administrative Cost

- Administrative costs are large equipment purchases and labor costs not related to the preparation and serving of the fresh fruit and vegetables, but are necessary to administer the FFVP
- Salaries and fringe benefits for employees who compile and maintain claims and other reports, plan and write menus, order produce, track inventory, and coordinate promotion activities

Administrative costs are limited to 10% of the entire grant

Equipment Justification

- What is required when purchasing equipment?
 - ⊕ All schools must provide written justification for purchases of \$300.00 or more
 - ⊕ Submit a copy of the equipment justification form and a copy of the invoice for the item(s) purchased to the State Agency within 10 days after purchasing
 - ⊕ Document equipment purchase(s) under administrative expenses on the excel spreadsheet claim form

Remember administrative cost are limited to 10 percent of your school's two sums of FFVP grant monies. 10% of your funds for July-September and 10% of your funds for October-June

Remember...

If you have doubts about whether or not a specific cost is allowable, contact Angela Barnes to discuss this prior to incurring such cost



Maintaining the Fruits of Your Labor



Panel Discussion Featuring Experienced FFVP Managers



Keeping the Weeds Out



Calendar of Due Dates

- Contact information due by July 1, 2011
if needing updated
- Action Plans due by September 2, 2011

Site Visit Expectations

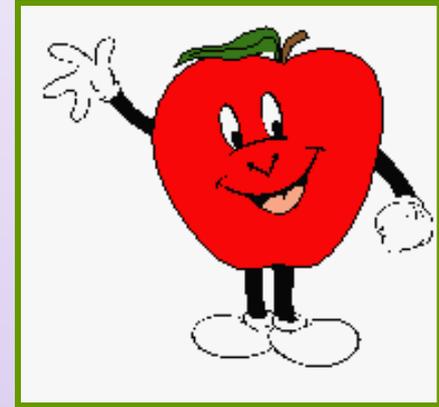
What to Expect:

- ⊕ Observe snack delivery
- ⊕ Talk with administrator/ other school staff
- ⊕ Visit classrooms during snack time
- ⊕ Talk with teachers / students
- ⊕ Review FFVP invoices for fruits and vegetables
- ⊕ Review documentation to support operating and administrative costs

QUESTION
AND
ANSWER
SESSION



Thank you for coming to the training and for your support of Indiana students



Contact Information:

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FFVP website: :

[http://www.doe.in.gov/food/freshfruit veg_program.html](http://www.doe.in.gov/food/freshfruit_veg_program.html)