



TAKING THE NEXT STEP WITH THE FRESH FRUIT AND VEGETABLE PROGRAM

Indiana Department of Education

Revisiting the FFVP 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.

Building On Current Efforts

- Exploring new fruits and vegetables
- Documenting successes
- Increase/expand nutrition education

Exploring New Fruits and Vegetables

Things to keep in mind:

- The types of produce you serve will depend on your students
- Add variety by introducing different types of the same product
- When trying something new, use sample sizes
- Familiar fruits and vegetables are also important

Variety in Fruits

LOQUATS



Variety in Fruits

PLUOTS



Variety in Fruits

PERSIMMONS



Variety in Fruits

APPLES



Variety in Fruits

GRAPES



Variety in Vegetables

EDIBLE CACTUS



Variety in Vegetables

SWEET PEPPERS



Variety in Vegetables

LETTUCE



Documenting Successes...Why?

- Illustrate progress toward planned outcomes
- Help mobilize resources and support
- Educate decision makers
- Lay the ground work for future funding
- Allow others to learn from your experience

Documenting Successes...How?

- Letters
- Comments
- Photos
- Videos
- Articles
- Survey results

Nutrition Education

Nutrition Education is any combination of educational strategies, accompanied by environmental supports, designed to facilitate the voluntary adoption of food choices and other food- and nutrition-related behaviors conducive to health and well-being

Nutrition Education

Nutrition education is delivered through multiple venues:

- Daily announcements with fun nutrition facts.
- Let the students help create fruit and veggie posters and bulletin boards.
- A fruit and vegetable poetry contest.
- Create a school newsletter that the students can take home to share with their parents.
- Organize a field trip with the teachers and principle to visit a local farm, orchard, or farmer's market. Or invite them to the school to talk to the students

Nutrition Education

Nutrition education is delivered through multiple venues:

- Talk to your librarian about displaying books that have a food or nutrition theme.
- Invite parents to lunch and give a presentation on healthy portion sizes, easy ways to be more active, and ways to add more fruit and vegetables to meals and snacks.
- Add fruit and vegetable information to your school's website.
- Plant an outside garden or a potted garden indoors.
- Hold *Produce and a Movie*.

Nutrition Education

Nutrition education is delivered through multiple venues:

- Have a mystery fruit or vegetable of the week.
- Hold a fruit or vegetable drawing/coloring contest.
- Invite professionals such as Dentists, Dietitians, or Doctors to talk about the importance of eating fruits and vegetables.
- Use lesson plans to incorporate fruit and veggies into curriculum, such as math, science, English, art, and music!
- Use FFVP Conference calls as a tool to learn more about how other schools are incorporating nutrition education

Questions?

Contact Us

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