WHO CAN PARTICIPATE?

- Students enrolled in grades 6 and below
- Children enrolled in a Head Start program, split-session kindergarten, or an early childhood program operated by the school
- Teachers who are directly responsible for serving the fruit or vegetables to their students.
WHO CANNOT PARTICIPATE?

- School staff not directly involved with FFVP
- Older students – 7th grade and up
- Other community residents – volunteers or visitors
- Family members - parents, grandparents, aunts, and uncles
WHEN CAN F/V BE SERVED?

- At least twice per week
- During school hours
- During a special activity during the day
  - Special fresh fruit and vegetable buffet for students
  - Health and wellness fair
  - International Day
WHEN CANNOT F/V BE SERVED?

- At the same time as NSLP or SBP meal service periods
- Before or after school
- During afterschool programs
- During summer school
WHERE CAN F/V BE SERVED?

- Classroom
- Cafeteria (separate from NSLP/SBP)
- As Part of Nutrition Education Activities
- Gymnasium
- Hallways
- Nurse and School Offices
- At Kiosks
- In Free Vending Machines
WHAT CAN BE SERVED?

- Fresh fruits
- Fresh vegetables
- Low fat or fat free dips for vegetables only
- Cooked vegetables (once per week)
WHAT CANNOT BE SERVED?

- Processed or preserved fruits and vegetables, such as canned, frozen and vacuum packed
- Dip for fruits
- Fruit leather
- Jellied fruit
- Dried fruit
- Trail mixes
WHAT ELSE IS NOT ALLOWED?

- Full-strength freshly squeezed fruit or vegetable juices
- Cottage cheese
- Fruit or vegetable pizzas
- Edible flowers
- Smoothies
- Fresh herbs
ARE FRUITS WITH ADDITIVES OR PRESERVATIVES ALLOWED?

- Ascorbic acid and citric acid to prevent browning are allowed.
- Added sugars and flavors are not allowed.
- If a product claims it is preservative- or additive-free, check the ingredients before purchasing.
ARE DIPS ALLOWED?

- Yes, as long as the dip is:
  - Low-fat yogurt based
  - Low-fat or non-fat
  - Portioned in appropriate serving sizes - typically 1-2 Tbsp.
  - Served only with vegetables
QUESTIONS?

- Contact FFVP Specialist – Allie Caito-Sipe
  - acaito@doe.in.gov
  - 317-232-0849