

School Guidance and Best Practices to the Fresh Fruit and Vegetable Program (FFVP)

2014-2015



Welcome



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Goals

This is a United States Department of Agriculture (USDA) program that focuses on creating healthier school environments by providing healthier food choices, by:

- Expanding the variety of fruits and vegetables children experience;
- Increasing children's fruit and vegetable consumption; and
- Making a difference in children's diets to impact their present and future health.



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How To Be Successful



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Form a Team

- Team members should include:
 - principal
 - site cafeteria manager
 - teachers
 - school nurse
 - any other interested staff members and
 - parents volunteers
- Although the actual day-to-day operation will be the responsibility of the site cafeteria manager in the majority of sites, everyone has a role.



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Process

- Planning (menu, budget, etc.)
- Coordinate/Communicate
- Ordering
- Deliveries
- Storage in schools
- Methods of distribution
- Clean up
- Claim submission



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Potential Job Duties of FFVP Team

- **Principal** – oversee the FFVP team, ensure program guidelines are met, promote the FFVP throughout the school, ensure teachers are providing nutrition education
- **Cafeteria Manager** – order fruits, vegetable, and supplies, manage teacher requests, oversee the budget at site level, prepare and deliver snacks
- **Custodial staff** – manage trash disposal and supplies
- **School nurse** – provide nutrition education materials to food service staff and teachers, provide connections for learning between teacher lesson plans and FFVP
- **Teachers** – provide nutrition education in the classroom, act as a role model by modeling healthy behaviors
- **Media Specialist** – conduct newscasts and coordinate information in school news letter
- **Parent Involvement Specialist/PTA** – act as a liaison between parents and school, solicit parent volunteers in snack preparation and delivery



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Rollout of FFVP in Schools (Cannot use FFVP Funds)

- Suggest special event to introduce program to students, staff, parents, and media.
- Promote to staff at district pre-planning.
- Publicize through school or district media.
- Provide parents with information by setting up an FFVP table at Open House.
- Organize a special event with special guest—high school students, cheerleaders, superintendent, mascots.



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Fruits & Vegetables



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Who Can Receive Fruits and Vegetables?

(page10)

- All children who are *enrolled* at the school.
- Only teachers that are directly responsible for serving the fruit/vegetable to the students in a classroom setting.
- Not intended for the general teacher population, other adults in the school, or community residents.
- FFVP cannot be used for gifts and rewards and cannot be withheld as part of a discipline procedure.



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Best Times to Serve (page 12)

- Any time during the school day, except during breakfast and lunch.
- Serve once a day or during multiple times with some students served in the morning and some in the afternoon to maximize participation.
- When determining distribution, consider:
 - grade level
 - maturity of students
 - time available to eat the fruits and vegetables
 - time required for preparation and service of fresh fruits and vegetables
 - extra clean-up
 - garbage concerns
 - staffing issues

***All students must have access to the program, but a student has the option of not participating.**



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Best Places to Serve (pages 12-13)

- Classrooms
- In hallways
- Centrally located kiosks can offer more choices
- As part of nutrition education activities
- Outside

***Most successful distribution areas are places where children can easily consume the fruits/vegetables.**



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Delivery

- Teachers send count in the morning and produce is counted out in some type of marked container.
- Child nutrition staff count and place produce in marked baskets, bins, bags, etc.
- Cafeteria is the most logical spot for central point for pick-up.
- Staff, volunteers, sometime the students, deliver to classroom.
- Teacher distributes to students at optimal time and plans an NE lesson.
- Containers are returned to the cafeteria at the end of the day for sanitation and next-day preparation.



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Unallowable items (page 14-15)

- Processed, canned, and frozen fruits and vegetables.
- Dried fruits or vegetables of any kind.
- Excess amounts of dips.
- Regular dressings or dips, peanut butter, hummus.
- Trail mix.
- Fruit or vegetables juices.
- Fruit that has added flavorings including fruit that has been injected with flavorings.
- Smoothies.
- Fruit strips, fruit drops, fruit leather.
- Spices/seasonings



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FFVP Limits (page 15)

Dips:

- Vegetables:
 - Offer only low-fat, yogurt-based or other low-fat and fat-free dressings
 - 1-2 tablespoons low-fat dips or dressings allowed for vegetables only!
 - Think creatively! Instead of serving lettuce, provide a lettuce and tomato with a light Italian dressing.
- Fruit: No dips of any kind allowed



Note: “Prepared Vegetables”: Fresh vegetables (not canned, frozen, dried) can be cooked, but must be limited to once a week.



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Serving Guidelines (page 16)

- Serve 2 or more times per week (reference your application).
- Purchase and serve more of your students' favorites, but continue efforts to introduce new items.
- Appealing and easy to grab.
- No specific portion size is required - consider the age of students.
- Suggestion is to provide ½ cup for portioned items or prebagged items.
- Serve different varieties of the same fruit (ie. Bartlett, Bosc, and Seckel pears) or vegetable (bell, sweet banana, and poblano peppers).
- Try “sample sizes” to introduce new items .



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Leftovers/Cleanup (page 18)

- Extra items can be given to students who request extra.
 - Increase portion size if always having leftovers.
 - Those providing the FFVP may participate in the FFVP tasting.
 - Plan for one day a week to serve leftovers.
 - Provide a share table for leftovers after distribution to the children, preferably at lunch...as long as the students receiving the leftovers are part of the FFVP school!
 - Provide trash bags and disinfecting wipes for the classroom.
- *Share basket for teachers, nurses' station, custodians, etc., cannot be provided.**
- * Leftover's cannot be taken home by anyone.**



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Nutrition Education



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Lessons (pages 20-21)

- Nutrition education lesson **must** be taught during the time of the FFVP “snacktime”
- Include whenever possible, even on days the program is not offered.
- Consult with FFVP partners to obtain no-cost promotional items.
- Make teachers and administrators aware of resources like:
 - www.choosemyplate.gov
 - <http://www.fruitsandveggiesmorematters.org/>

Florida Tangerines Pungent means a strong or sharp smell!

CITRUS WORD SEARCH

LYPTUESOETZGFYO
E IUYGMGNZIKZPLL
AGMNLRIDYUHRUKE
DYAEIRONFRKMRUG
ZRKLEMONNFMXIMN
OTZGQYQIVEZCQQA
MANDARINLPOGCUT
VAHXJOTOXAMLB AH
TAMUSTASRRIIATI
FXFXWIFGBGFIWQF

GRAPEFRUIT	KUMQUAT	LEMON
LIME	MANDARIN	MINNEOLA
ORANGE	PUMPELLO	SATSUMA
TANGULO	TANGERINE	USU

Did you know...
Tangerines are types of mandarin oranges. They are smaller than oranges and have a **pungent** aroma. Florida tangerines are available from September to May.

Citrus Math

1. Florida tangerines cost 1 nickel, or 5 cents each. How much will 3 tangerines cost?
2. Florida oranges cost 1 dime, or 10 cents each. How much will 2 oranges cost?
3. How much will it cost to buy 1 tangerine for 5 cents and 1 orange for 10 cents?
4. You decide to buy 4 tangerines, 2 oranges and 1 grapefruit. How many pieces of Florida citrus are going to buy in all?
5. If 1 grapefruit costs 20 cents, how much money do you need to buy 2 grapefruit?
6. You had 50 cents and spent 40 cents on Florida citrus fruit. How much money do you have left?

Source: floridaface.com

Created by UF IFAS/Putnam County Extension



Ideas (pages 20-21)

- Monthly/quarterly poster contests to decorate serving line and classrooms.
- Small white board featuring fruit or vegetable of the day on the serving line.
- Staff dresses up as fruit or vegetable.
- AM/PM announcements.
- Monthly menus sent to teachers and parents.
- Include information about the FFVP every month in school newsletter.
- Featured fruit of the month.
- Fact sheets.



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Best Practices



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Suggestions...

Promotion and Nutrition Education

- Provide a display in the Main Office for parents and visitors
- Decorate your serving line with nutrition facts and information
- Fruit/Veggie mascots
- Maintain a display of FFVP nutrition information throughout the school year
- Decorate your line with nutrition facts and information
- Mapping of the fruit/vegetable (color, taste, texture, location, etc.)
- “My Favorite Healthy Snack” writing prompt



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Resources



Fresh Fruit and Vegetable Program Florida Harvesting Calendar



JANUARY *Healthy Weight Week*

Avocado	Celery	Okra	Squash
Bell Pepper	Eggplant	Orange	Strawberry
Broccoli	Grapefruit	Passion	Sweet Corn
Cabbage	Guava	Fruit	Tangerine
Carambola	Lettuce	Radish	Tomato
Cauliflower	Mushroom	Snap Bean	

FEBRUARY *National Grapefruit Month National Strawberry Day - 2/27*

Bell Pepper	Eggplant	Orange	Strawberry
Broccoli	Grapefruit	Papaya	Sweet Corn
Cabbage	Gauva	Radish	Tangerine
Carambola	Lettuce	Potato	Tomato
Cauliflower	Mushroom	Snap Bean	
Celery	Okra	Squash	

MARCH *National Nutrition Month*

Bell Pepper	Cucumber	Okra	Spinach
Broccoli	Eggplant	Orange	Squash
Cabbage	Grapefruit	Papaya	Strawberry
Carambola	Guava	Potato	Sweet Corn
Cauliflower	Lettuce	Radish	Tangerine
Celery	Mushroom	Snap Bean	Tomato

APRIL *Florida Tomato Month*

Bell Pepper	Celery	Okra	Squash
Blueberry	Cucumber	Orange	Strawberry
Cabbage	Eggplant	Papaya	Sweet Corn
Cantaloupe	Grapefruit	Potato	Tangerine
Carambola	Guava	Radish	Tomato
Carrot	Lettuce	Snap Bean	Watermelon
Cauliflower	Mushroom	Spinach	

MAY *National Salad Month*

Bell Pepper	Cucumber	Orange	Tangerine
Blueberry	Eggplant	Potato	Tomato
Cabbage	Grapefruit	Radish	Watermelon
Cantaloupe	Guava	Snap Bean	
Carrot	Mushroom	Squash	
Celery	Okra	Sweet Corn	

JUNE *National Fresh Fruit and Vegetable Month Remember to use your funds by June 30!*

Avocado	Guava	Okra	Sweet Corn
Cantaloupe	Mushroom	Orange	Tomato
Eggplant	Mango	Potato	Watermelon

DATES TO REMEMBER
 July 1: FFVP begins. If needing to purchase equipment, contact FFVP coordinator.
 September 30: 1st quarter funds must be used.
 June 30: 2nd quarter funds must be used. FFVP ends.



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Resources

- USDA FFVP Handbook
- Tips for Administering the Program
- Florida Harvesting Calendar
- Production Record booklet
- I Tried It! stickers (1 roll)

You may print these materials by downloading them from our website at:
[FDACS, FNW - FFVP webpage](#)

Additional Resources:

[USDA FFVP website](#)

[MyPlate Materials](#)

[Fruit and Vegetable Nutrition Education](#)



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FRESH FRUIT & VEGETABLE PROGRAM

A Handbook for Schools

FFVP Handbook



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Testimonials

- *I had a parent tell me that their child had asked them to buy broccoli and dip at the grocery store. the parent said the child would not eat vegetables and now he is eating them raw!*
- *Teachers and Staff: Please have your students notice all the posters in our dining room. The are famous people made of fruit, vegetables, beans, etc. See if your students recognize any of them...*
- *Thank you so much for the snacks. The students are really learning about vegetables and fruit. They always look forward to the afternoon.*
- *I think it is going GREAT! I can't wait to try the things the students have never had! You guys are doing an excellent job!*
- *My class loves it. It gives us an opportunity to talk about health and fitness. So far they love the grapes, oranges, and apples. Not too many cared for the carrots but I made them eat it anyways!*



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Contact Information

Program Questions

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Claim Questions

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Resource Links

[FDACS, FNW - FFVP webpage](#)

[USDA FFVP website](#)



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Thank you!



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