



Your school is part of the Fresh Fruit & Vegetable Program

What is the Fresh Fruit and Vegetable Program?

The United States Department of Agriculture's Fresh Fruit and Vegetable Program (FFVP) provides schools with funds to offer students fresh fruit and vegetable snacks during the school day.

Why is this program important?

- Creates healthier school environments by providing healthier food choices
- Encourages students to eat more fresh fruits and vegetables
- Expands the variety of fruits and vegetables children experience
- Makes a difference in children's diets to impact present and future health

When and where can fresh fruits and vegetables be offered?

Through this program, schools may offer fresh fruits and vegetables as a snack during the school day outside of breakfast and lunch. They can be served in classrooms, hallways, outside or in centrally located kiosks.

What can you do to help implement the FFVP?

Be a positive role model. While the program is targeted at students, it recognizes the important connection among students, teachers and school staff. Teachers serving fruits and vegetables can model healthy eating habits by participating with their students and including a nutrition education lesson.

How can you help make the program successful?

- Nutrition education is required, and teachers are encouraged to reinforce healthy eating with health education.
- Fresh fruits and vegetables can be brought into the classroom to complement a lesson.
- Your geography lesson can be reinforced by providing fresh fruits or vegetables from the region you are studying.
- Studying percentages in math? Use a piece of fruit to show quarters, half, thirds, etc. The best part is the lesson becomes edible!

Have fun! Be creative!

For more information and resources:

FDACS.gov
ChooseMyPlate.gov
fns.usda.gov/ffvp



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