



## What can parents do to include fruits and vegetables in the day?

Parents and caregivers serve as role models for children. Enjoy fruits and vegetables with your child. Be willing to try new kinds of fruits and vegetables. Fruits and vegetables are a nutritious option for meals and snacks.

- Start the day by adding bananas or strawberries to breakfast cereal.
- Include plenty of fresh veggies on sandwiches.
- Encourage your child to choose fruits and vegetables offered as part of the school breakfast and lunch program.
- Use fruits in salads and smoothies.
- Offer apples or carrots as an afterschool snack.
- Have your child help you chop peppers, lettuce, onions and tomatoes as taco toppings for dinner.
- Top off the day with a delicious plum or pear.

Have fun!



For more information and resources:  
**FDACS.gov**  
**FruitsAndVeggiesMoreMatters.com**  
**ChooseMyPlate.gov**  
**fns.usda.gov/fvp**

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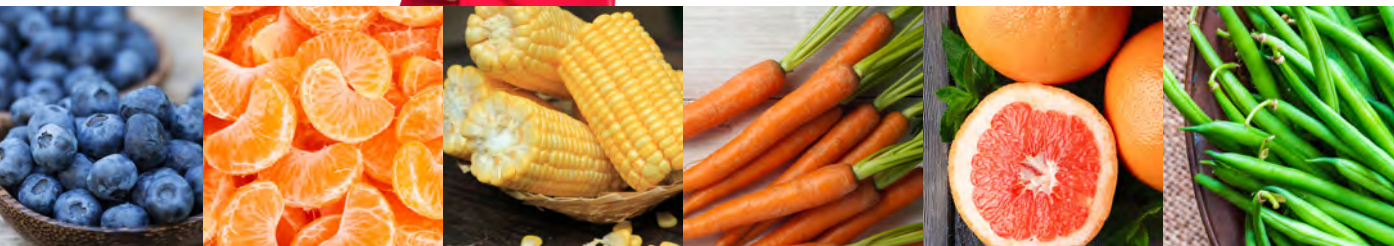
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# Fresh Fruit & Vegetable Program



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**Florida Department of  
Agriculture and Consumer  
Services**



## What is the Fresh Fruit and Vegetable Program?

The United States Department of Agriculture's (USDA) Fresh Fruit and Vegetable Program (FFVP) provides schools with funds to offer students at no cost fresh fruit and vegetable snacks during the school day. Schools receive grant funds from the Florida Department of Agriculture and Consumer Services to provide fresh fruit and vegetable snacks for use outside of the breakfast and lunch service.

## What is the purpose of the program?

The purpose of the FFVP is to provide free, fresh fruits and vegetables to all enrolled students. The program currently operates in all 50 states and in over 200 elementary schools in Florida.

## When and where can fresh fruits and vegetables be offered?

Schools may offer fresh fruits and vegetables in classrooms, hallways, in free vending machines or in centrally located kiosks outside of the breakfast and lunch service. They can also be used in classroom activities and nutrition education.

## How are fresh fruits and vegetables distributed to students?

Each school can find a system that works for them. Schools may want to distribute fruits and vegetables based on the ages of students. In the lower grades, it may be easier to serve students in the classrooms, while older students may enjoy a fruit or veggie stand. USDA encourages schools to develop innovative and varied methods to offer fruits and vegetables to students.

## Did you know?

There is no requirement for specific serving sizes. Serving sizes should be appropriate for the age of the student. Sliced apples may be more appropriate for lower grades since they may be missing some front teeth, while older students may want a whole apple to satisfy their hunger. If leftovers are available, a student may have an additional snack.

## What can parents do to support the program?

Check with the FFVP coordinator at your school. You may be needed as a volunteer to help prepare and distribute fresh fruits and vegetables on certain days of the week. You may be able to provide resource materials, such as posters, fact sheets or classroom activities to support nutrition education. Ask your children what fruits and vegetables they ate that day. Include these in your grocery cart for children to enjoy at home.

## What are the benefits of eating more fresh fruits and vegetables?

Many children eat high-calorie, low-nutritional value foods as snacks. Eating fresh fruits and vegetables develops healthy eating habits and provides more nutrients for growing children. A benefit of eating more fruits and vegetables is reducing the risk of certain chronic diseases. Colorful fresh fruits and vegetables provide necessary vitamins, minerals and fiber. Vitamin C promotes a healthy immune system; fiber decreases the risk of coronary heart disease; vitamin A supports healthy skin and eyes; and potassium helps maintain a healthy blood pressure. Eat a colorful variety of fruits and vegetables: blue-purple, yellow-orange, dark green and red.

