



Dear Lordstown Elementary Parents/Guardians,

This school year your student(s) will participate in a grant from the USDA called the Fresh Fruit and Vegetable Program (FFVP). This program encourages children to enjoy the great taste and health benefits of eating plenty of fruits and veggies each day as a part of a lower-fat, higher fiber eating style.

According to the USDA, the goals of the FFVP are to:

- Create healthier school environments by providing healthier food choices.
- Expand the variety of fruits and vegetables that children experience.
- Increase children's fruit and vegetable consumption.
- Make a difference in children's diets to impact their present and future health.

Starting the first week of school, Lordstown Cafeteria will provide your student fresh fruit or vegetable snack accompanied by a brief nutrition education component to introduce and reinforce good eating habits.

You can support your child's efforts to increase his/her fruit and veggie consumption in many ways throughout the year. For example:

- Take your child grocery shopping. Regularly let him/ her assist in selecting a new fruit or veggie to try. This could be a fresh, frozen, canned, or dried item.
- Give your child options! Let him/her choose which veggie to serve at dinner some nights.
- Seek out a Farmers' Market in your area and take your child.
- Be a role model! If your child sees you eating fruits and veggies regularly, he or she will be more likely to eat them.

Please make every attempt to encourage your child to be adventurous and try new fruits and vegetables in this program! Please contact the foodservice department if you have any questions.

Thank you for helping your child be healthier,

Gabby Rahn, Food Service Director