

# BEST PRACTICES

for FFVP



## SERVING

### Clean Hands

Before enjoying fresh fruits and vegetables, make sure everyone has clean hands!

### Snack Healthy First

Serve ahead of any other classroom snacks to encourage children to try something new.

### Timing is Key

Offer the fruit or vegetables when children will be hungry, not immediately after a meal.

### Modeling = Acceptance

Teachers serving the fruits & vegetables are encouraged to model healthful eating habits by joining students in trying the items.

## NUTRITION EDUCATION

### Conversation Starters

Refer to the produce bag tag for conversation ideas with students.

### Posters

Hang the provided monthly fact sheets in the classroom for students can revisit information throughout the year.

### Education Incorporation

Incorporate the produce served into a current unit of learning

- Geography - Produce origination or growing environment.
- Math - Segment of a clementine to illustrate fractions.
- Health - The vitamins and minerals of an item and their health benefits.



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