

Fresh Fruit And Vegetable Program

What is FFVP?

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program providing free fresh fruits and vegetables to students in participating elementary schools during the school day.

The goal of the FFVP is to improve children's overall diet and create healthier eating habits to impact their present and future health. The FFVP will help schools create healthier school environments by providing healthier food choices; expanding the variety of fruits and vegetables children experience; and increasing children's fruit and vegetable consumption.

Making Fruits & Vegetables Fun

FFVP's will be eaten in the classroom, along with fun and educational activities led by school staff. Children will be encouraged to try the fruit and vegetable of the day, but they may choose to not participate if they do not like or cannot eat the fruit or vegetable offered. Please encourage your child to participate in the FFVP, as this will show your support of healthy food choices and willingness for your child to try new foods. If you have any questions about this program, please contact the Nutrition Services Department.

Easy Banana Sandwich

Ingredients:

- 1 whole Banana
- 1/3 cup peanut butter or sun butter
- 2 whole graham crackers
- 1 sheet plastic wrap

Directions:

1. Mash banana & peanut butter or sun butter in a bowl
2. Put spoonful of mixture onto half a graham cracker & top it with the other half to make a sandwich
3. Wrap in plastic wrap & freeze for 1 hour before eating. Enjoy!

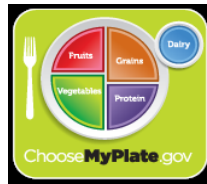


Participating Schools

◇ Blackburn
◇ Benton
◇ Bryant
◇ Cassell Park
◇ Fairmount
◇ Glendale
◇ Independence Academy
◇ Korte
◇ Little Blue
◇ Luff
◇ Mallinson
◇ Mill Creek
◇ Ott
◇ Procter
◇ Randall
◇ Santa Fe
◇ Spring Branch
◇ Sugar Creek
◇ Sycamore
◇ Three Trails
◇ William Southern

Choose MyPlate

The My Plate Food Guide identifies daily meal proportions for the fruit, vegetable, grains, protein, and dairy food groups; and is an easy to understand illustration designed to help Americans build a healthy plate at meal times.





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For More Information on FFVP:

WWW.USDA.GOV/FFVP

DECEMBER FFVP

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
1		<p><u>Yellow Grape Tomato:</u></p> <p>Great source of Vitamin C, potassium, and antioxidants</p> <p>Easy to add in salads or serve as a snack</p> <p>Some varieties of grape tomatoes are: Elfin, Rosalita, and Sprite</p>	4	<p><u>Cantaloupe:</u></p> <ul style="list-style-type: none"> • Good source of vitamin A and C • Commonly given as a gift in Japan • Thought to be first grown in Rome and Greece
8		<p><u>Carrots:</u></p> <p>Great for your vision, bones, teeth, & skin</p> <p>Carrots are a root vegetable</p> <p>80% of all carrots sold are baby carrots</p>	11	<p><u>Oranges:</u></p> <ul style="list-style-type: none"> • One orange can provide all the vitamin C needed in a day • In England during Queen Victoria's reign, oranges were given as gifts
15		<p><u>Cucumber:</u></p> <p>Can cure bad breath by placing slice on tongue for 30 seconds</p> <p>Great source of B Vitamins, Zinc, & Iron</p> <p>Most of the flavor comes from the seeds</p>	18	<p><u>Blueberry:</u></p> <p>Rich in vitamin K to promote heart health</p> <p>A single blueberry bush can produce as many as 6,000 blueberries per year</p>
22			25	26
29			31	