

FFVP April

Apr 1-3



Golden Apple
& Florida Orange

Spring Break
Week!

Apr 6-10



Apr 13-17

GA Strawberries
& Kumquats



Apr 20-24

Ruby Frost Apple
Grapes
Cara Cara Orange



Apr 27-May 1

Jazz Apple,
Pinespples,
Grape
Tomatoes



April 1-3 Feature Fruits!

Eat Smart. Grow Strong. Feel Great!

Golden Apple



★ Fun Facts:

- Full of fiber to help your tummy!
- Vitamin C helps your body fight germs.
- Great for your teeth and gums!



Crunch into Good Health!

Spring Fun Facts!

- *Flowers bloom and trees grow new leaves!*
- *Butterflies and birds are everywhere!*
- *The weather gets warmer and the days get longer!*

**Eat fruits to
grow strong!**

Florida Orange



- Packed with vitamin C!
- Great for a strong immune system.
- Keeps your body hydrated.

April 13-17 Feature Fruits!

Eat Smart. Grow Strong. Feel Great!

Georgia Strawberries



Sweet and juicy from Georgia farms!

They grow in the springtime on leafy plants.

Full of vitamin C and antioxidants to help keep you healthy!

Kumquats

★ Fun Facts:

- **Tiny citrus fruits you can eat whole!**
- **Sweet, tart, and tangy all in one bite!**
- **Packed with fiber and vitamin C! for a healthy immune system!**



Did You Know?

There are over 160 different species of butterflies in Georgia!



April 20 ~ 24 Feature Fruits!

Eat Smart. Grow Strong. Feel Great!

Ruby Frost Apple

Fun Facts:

Super crisp and sweet-tart!



Bright red skin that stays fresh longer!

Packed with fiber to help your digestion!

Grapes

Fun Facts:

Grow in big, green vines!

Come in purple, green, and red!



Cara Cara Orange

Fun Facts:

Pinkish-red flesh that's extra sweet!

Loaded with vitamin C for a strong immune system!

Keep you hydrated and refreshed!



Did You Know?

Bumble bees and honey bees are super pollinators!

A honeybee can visit over 1,000 flowers in one day!

Bees make delicious honey to share with the hive!



April 27–May 1 Feature Fruits!

Eat Smart. Grow Strong. Feel Great!

Jazz Apple



crisp and tangy-sweet flavor
packed with fiber for healthy digestion
rich in vitamin C for strong immunity

Pineapples

Fun Facts:

grow in warm climates
full of vitamin C and
manganese

support healthy
digestion



Grape Tomatoes

Fun Facts:

sweet like candy
rich in antioxidants and vitamin A
perfect for salads and snacks



Did You Know?

Chipmunks and squirrels wake
up hungry after hibernation

hummingbirds return in
spring to sip nectar

and springtime is full
of new life and energy!

