

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 vegetable when children will be hungry, not immediately after a meal.

Modeling = Acceptance

Teachers serving the fruits and 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 prompts.

Posters

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

Educational Connections

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.

FRESH FRUIT & VEGETABLE PROGRAM

BEAVERTON SCHOOL DISTRICT NUTRITION SERVICES

"This institution is an equal opportunity provider."