December 2026
Fresh Fruit & Vegetable Program

Tempe Elementary Schools

The Fresh Fruit & Vegetable Program (FFVP) is a federal program that provides free, fresh fruits & vegetables at participating schools during the school day!

Fruits & vegetables will be served every Tuesday & Thursday. Two student representatives will pick up the produce from their school kitchen at the designated time and take it back to their class to enjoy, while listening to the nutrition education announcement.

TUESDAY

1 Lunch Bunch Grapes



- Red Grapes has **copper**, keeping your blood healthy throughout your body.
- They also have tons of **vitamin K** to help you heal when you hsave a cut.

8 Bananas



- Bananas give you **potassium**, which help your muscles move.
- Bananas give you energy to play and have **vitamin C** to keep you healthy.
- They have **fiber,** which helps your tummy happy and keeps you full!

THURSDAY

3 Broccoli Floret



- Broccoli contains **vitamin K**, which helps your body build strong bones.
- Broccoli has **vitamin C**, which helps your body heal and repair itself.
- Broccoli contains **folate**, a vitamin that helps your body make healthy new cells.
- They contain **potassium**, which helps your muscles work.

10 Golden Delicious apples



- Golden delicious apples are a sweet, crunchy snack that can float on water!
- This fruit has **fiber**, which keeps you full and help your tummy!
- With **potassium** for your muscles and nerves, and **vitamin C** to help you stay healthy in the cold weather, this is a great choice!

Participating School Sites: Aguilar, Arredondo, Shamley, Curry, Fees, Frank, Holdeman, Mosley, Nevitt, Scales, Spracale, Connolly, Thew, and Wood

BE A FRUIT & VEGGIE EXPLORER!

FRESH FRUIT & VEGETABLE PROGRAM

This institution is an equal opportunity provider. Menu is subject to change.

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TUESDAY

15



Red Sliced Apples

- There are over **7,500 kinds of apples!**
- Apples have **fiber**, which keeps you full and helps your tummy!
- They have **vitamin C** to help you stay healthy.
- They have sugar that gives you energy to run, play, and learn in school!
- They have **B vitamins**, which help your skin, blood, and help give you energy!

THURSDAY

17



Oranges

- Oranges have lots of **vitamin C**, which helps your skin and body stay healthy!
- **B vitamins** are found in oranges, which help with energy, growing, and your brain health!
- They also have **vitamin A**, which is important for your eyes, skin, and bones.

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