

Fresh

Your School is Part of Florida's Fresh Fruit & Vegetable Program

What is the Fresh Fruit & Vegetable Program?

The United States Department of Agriculture's Fresh Fruit and Vegetable Program provides schools with funds to offer students fruit and vegetable snacks during the school day.

When and Where Can Fresh Fruits & Vegetables Be Offered?

Schools may offer fresh fruits and vegetables in classrooms, hallways, or centrally located kiosks during the school day activities.

Why is this Program Important?

The purpose of the Fresh Fruit and Vegetable Program is to encourage students to eat more fresh fruits and vegetables. This program provides fresh fruits and vegetables as a healthy tasty alternative to snacks that are high in fat, salt, and sugar.

What Can You Do to Help Implement the Fresh Fruit & Vegetable Program?

You help students become healthier when you consume the fruits and vegetables that are offered. While the program is targeted at students, it recognizes the important connection between students, teachers, and school staff. Teachers and school staff are encouraged to serve as models and eat the fruits and vegetables offered. Seeing teachers eat fruits and vegetables helps students learn to eat them as a healthy snack option.

What are Some of the Benefits of Eating More Fresh Fruits & Vegetables?

Many children eat high calorie foods of low nutritional value as snacks. Eating fresh fruits and vegetables as a snack helps young children develop healthy food habits. A potential benefit of eating more fruits and vegetables is reducing the risk of certain chronic diseases. Colorful fresh fruits and vegetables provide vitamins, minerals, fiber, and other nutrients.

How Can You Help Make the Program Stronger?

Nutrition education is strongly recommended, and teachers are encouraged to reinforce healthy eating with health education! Curriculum ideas/resource Web sites are listed below. Some materials will be provided. Have fun! Most of all help your students develop healthy eating habits!

Fresh fruits and vegetables can be brought into the classroom to complement and reinforce a lesson. Your geography lesson can be reinforced by bringing in fresh fruits or vegetables available in the region you are studying. Studying percentages in math? Use a piece of fruit to show quarters, half, thirds, etc. The best part is the lesson becomes edible! Work with your school's food service director to bring in the fresh fruits and vegetables for lessons.

For more information:

www.fruitsandveggiesmorematters.com

www.pbhfoundation.org

www.mypyramid.gov

www.fns.usda.gov/tn/

<http://fifnc.com/campaigns.htm>



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