



## FFVP PROMOTIONAL AND EDUCATIONAL RESOURCES

### ◆ A to Z Fruit & Vegetable Fun Facts & Pictures:

- Available on-line at <http://www.state.nj.us/agriculture/divisions/fn/pdf/a-zfunfacts.pdf>

### ◆ New Jersey's Quick Steps to Fruits & Vegetables Toolkit:

- Available on-line at <http://www.nj.gov/agriculture/divisions/fn/pdf/FFVPtoolkit.pdf>

### ◆ Farm to School:

- Farm to School Week Toolkit; Last week in September  
<http://www.farmtoschool.nj.gov/agriculture/farmtoschool/schools/toolkit/>
- Farm to School Program <http://www.farmtoschool.nj.gov/agriculture/farmtoschool/>
- Edible School Garden <https://edibleschoolyard.org/>
- Philip's Academy --- Educators/Foodservice/Community Resources & Harvest of Month  
<http://ecospacesed.org/resources/>
- Grow It, Try It, Like It; Nutrition Education Kit --- FREE!  
<https://pueblo.gpo.gov/TN/TNPubs.php?PubID=15196>
- Welcome to Kids Gardening! Grants too! [www.kidsgardening.org](http://www.kidsgardening.org)
- Dig In! Gardening Curriculum 5<sup>th</sup> & 6<sup>th</sup> graders; FREE Posters!  
<http://www.fns.usda.gov/tn/dig-standards-based-nutrition-education-ground>
- NJ Agricultural Society/Teacher Toolbox / "From the Garden State to Your Plate" Book  
<http://www.njagsociety.org/teacher-tool-box.html>
- Rutgers "From Our Farms" <https://gloucester.njaes.rutgers.edu/fchs/from-our-farms.html>

### ◆ Websites:

- Seasonal Produce Guide --- Search for local availability! <https://www.seasonalfoodguide.org/>
- ChopChop --- Quarterly Kids' Cooking Magazine <https://www.chopchopfamily.org/>
- Waffles & Mochi --- Travel & explore healthy food! <https://www.wafflesandmochi.org/>
- Coloring Pages:  
<https://extension.psu.edu/fruits-and-vegetables-coloring-book>  
[http://cullmanswcd.com/images/fruits from A Z color book.pdf](http://cullmanswcd.com/images/fruits%20from%20A%20Z%20color%20book.pdf)
- Flash Cards: [http://www.fns.usda.gov/sites/default/files/gd\\_flashcards\\_0.pdf](http://www.fns.usda.gov/sites/default/files/gd_flashcards_0.pdf)  
<http://www.mes-english.com/flashcards/vegetables.php>  
<http://www.mes-english.com/flashcards/fruit.php>
- Team Nutrition --- Nutrition Education Resources  
<https://www.fns.usda.gov/tn/nutrition-education-materials>
- Classroom "Energizers"! Physical activities for quick & fun brain breaks! [www.gonoodle.com](http://www.gonoodle.com)
- BAM---Body & Mind/Kids 9-13; Healthy Choices <http://www.cdc.gov/bam/index.html>
- Salad Bar Grants <http://saladbars2schools.org>
- MyPlate <https://www.choosemyplate.gov/>
- NJ SNAP-Ed <https://www.njsnap-ed.gov/>
- FDA Produce Safety Information  
[www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299](http://www.fda.gov/Food/ResourcesForYou/Consumers/ucm114299)
- SuperKids Nutrition <https://www.superkidsnutrition.com/superkids-nutrition-teacher-health-educator-headquarters/#>
- Dole – Kids' Activities & Recipes <https://www.dole.com/at-home-resources#activities>
- Balloons/Search for Fruits & Vegetables <https://www.bargainballoons.com/>
- Rutgers/Get Moving - Get Healthy New Jersey <http://getmovinggethealthynj.rutgers.edu/>
- Puzzlemaker --- Create Educational Puzzles! <http://puzzlemaker.discoveryeducation.com/>
- RWJ Barnabas Health: **WOW!!** --- **Wellness On Wheels** <https://www.rwjbh.org/why-rwj-barnabas-health-social-impact/wellness-on-wheels/>



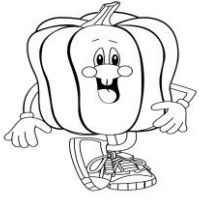
## New Jersey Fresh Fruit and Vegetable Program PARTNERSHIPS and RESOURCES

### Federal Level

- Fresh Fruit and Vegetable Program Handbook for Schools
  - <https://fns-prod.azureedge.net/sites/default/files/resource-files/handbook.pdf>
  - <https://www.fns.usda.gov/ffvp/fresh-fruit-and-vegetable-program>

### State Level

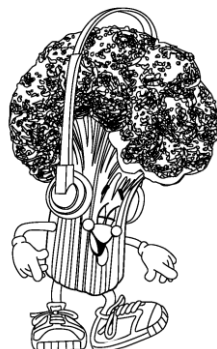
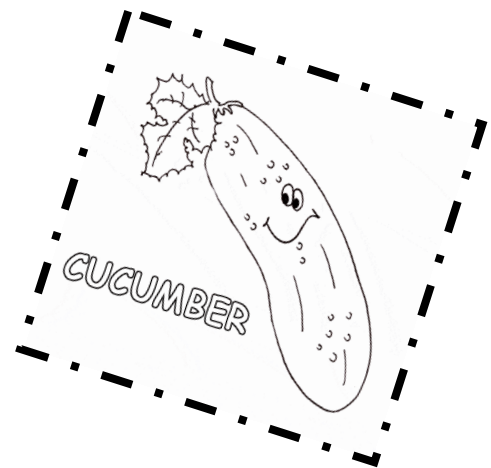
- Supplemental Nutrition Assistance Program (SNAP-Ed)
  - Providing nutrition education support free to schools with enrollments of 50% or more free and reduced
  - <https://www.njsnap-ed.gov/>
- NJ Department of Agriculture
  - FFVP Coordinator
    - Janet Celi  
[janet.celi@ag.nj.gov](mailto:janet.celi@ag.nj.gov)  
609-744-3562
  - FFVP Administrative & Reimbursement Questions
    - Jackie Bricker  
[jacqueline.bricker@ag.nj.gov](mailto:jacqueline.bricker@ag.nj.gov)  
609-847-9079
- Food Corps
  - Hayley Klein  
[hayley.klein@foodcorps.org](mailto:hayley.klein@foodcorps.org)
  - Nicole Potenza  
[nicole.potenza@foodcorps.org](mailto:nicole.potenza@foodcorps.org)

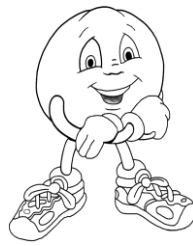


**New Jersey Fresh Fruit and Vegetable Program  
PARTNERSHIPS and RESOURCES**

**Additional Partners**

- Rutgers Cooperative Extension – Family and Community Health Sciences  
<http://njaes.rutgers.edu/extension/>
- American Cancer Society
- American Heart Association
- School Nutrition Association
- American Dietetic Association
- Community Health Agencies
- County Health Departments
- Hospitals
- Local Grocers & Stores
- PTA/PTO/Home & School Associations
- Vocational Clubs
- Culinary Schools/Colleges
- Produce Associations/Commodity Groups
- Health Associations
- Nutrition Trade Associations
- Food Distributors
- Local Chefs
- Local Farmers Markets
- Local Dietitians
- Local Restaurateurs
- Parents that are Chefs
- Grocery Store Dietitians





## FFVP Lessons Learned...

- ▶ Partner w/ school food service!!
- ▶ Involve food service --- get them excited!
- ▶ Evaluate need for large equipment ASAP!
- ▶ Plan early so implementation can begin in early September
- ▶ Make contacts w/ local farmers ASAP
- ▶ Encourage teaching staff to incorporate fruits & vegetables into lesson plans
- ▶ Serve students w/ late lunch schedules an A.M. fruit/veg. snack & classes w/early lunch periods w/ P.M. snack
- ▶ Designate special students each week to make morning announcements including interesting facts about the fruit/veggie of the day
- ▶ Promote program at “Back to School” nights w/ parents/guardians  
*(No FFVP funds can be used for this event)*
- ▶ Involve parents! *(Some schools have used parents to help prepare & distribute produce)*
- ▶ Involve students in creating fruit & veggie announcements & fact-finding info.
- ▶ Meet w/ students for ideas as to items they want offered
- ▶ Develop older student team to teach younger grades about specific produce
- ▶ Give teachers samples --- They are role models!
- ▶ Plan when ordering --- Some produce requires time to ripen
- ▶ Test produce if trying new item or if unsure if product is ripe
- ▶ Develop emergency fruit plan *(i.e. apples)* --- Some produce requires longer ripening
- ▶ Use students for distribution --- Make them feel special to be awarded this task
- ▶ Partner w/ special need classes to assist in preparation & distribution
- ▶ Provide info. & recipes on the school’s web site
- ▶ Use temporary food service employees or subs to prepare food
- ▶ Pay for labor --- Do not expect staff to volunteer
- ▶ Balance easy to prepare produce w/ labor intensive produce



## FRESH FRUIT & VEGETABLE PROGRAM --- **Lessons Learned...**



- ▶ **Connect w/ health/ phys. ed. teachers, nurses ... to be involved & coordinate w/ food service dept.**
- ▶ **Use packaged fresh produce, individual or bulk --- Helps to reduce labor, simplify program & possibly increase frequency**
- ▶ **Use salad bar as produce stand ---- Students help themselves to produce after gym or health classes**
- ▶ **Order double the amount of delivery containers --- Eliminates delay in next day prep** *(Some classrooms may not return containers promptly)*
- ▶ **Offer cooked veggies occasionally to increase variety**
- ▶ **Find local chef to prepare & teach lesson about cooked veggie**
- ▶ **Suggest to preschool teaching staff that you can provide them w/ whole fruit to show children how fruit is grown, cut...** *(Order each class paring knives, cutting boards...)*
- ▶ **Provide bowls of fruit to offer at nurse's office**
- ▶ **Be cautious of allergies --- Partner w/nurse** *(i.e.: Students may be allergic to kiwi, snap peas...)*
- ▶ **Sanitizers --- Provide classrooms w/ sanitizer pumps or wipes**
- ▶ **Power up the brain w/ healthy fuel --- Serve fruits & veggies before or during school testing!**
- ▶ **Feature healthy "Field Day" energizers --- Great opportunity to reinforce fruits & vegetables as nutritious & energizing snacks!**
- ▶ **Make produce exciting --- Occasionally offer assorted fruit/veggie trays**
- ▶ **Be sure program does not create any additional work for teachers**
- ▶ **Don't be too thrifty**
- ▶ **Do not plan every produce snack to include a special educational event --- The goal of the program is to get kids in the habit of choosing fresh fruits & veggies over snacks high in empty calories!**
- ▶ **Use "FFVP Planner" to expedite initiation of program in September!**
- ▶ **Schedule a planning meeting w/ staff at opening of school year to build support & enthusiasm**
- ▶ **Make FFVP a school-wide TEAM effort**
- ▶ **Get excited about FFVP & your energy will be contagious!**
- ▶ **Make it SIMPLE!**



# FFVP PLANNER



**\$\$/Student/Year: \$50.00**

**\$55.00 Jersey Grown**

**Ballpark \$ /Student/Serving: .75 cents**

## Items to Review:

- ✓ **Days --- Must be Minimum of 2 Days/Week**  
(Number of Days /Week, Specific Days...)
- ✓ **Schedule of Offering Times**  
(AM, PM...)
- ✓ **Where to Serve**  
(Classroom, Cafeteria, Gymnasium...)
- ✓ **Distribution Method**  
(In What; By Who...)
- ✓ **Labor --- Maximum 25% of Total Budget**  
(Preparation, Distribution...)
- ✓ **Purchasing**  
(Vendor, Local Farms, Delivery Frequency, Delivery Days...)
- ✓ **Storage**  
(Sufficient Refrigeration...)
- ✓ **Equipment/Large ---- Order NOW! Submit "Large Equipment Request Form"!**  
(Refrigerator, Salad Bar, Produce Stand, Robot Coup ...)
- ✓ **Equipment/Small --- Order Now!**  
(Carts, Paring Knives, Bowls, Cutting Boards...)
- ✓ **Produce Varieties**  
(Apples, Peaches, Tomatoes, Veggies, Individual Packages, Pre-Cut Bulk, Exotic Produce...)
- ✓ **Small Supplies**  
(Distribution Bags/Baskets, Napkins, Forks, Soufflé Cups, Sanitizer, Plastic Gloves, Paper Towels, Low Fat Dressings...)
- ✓ **Administrative Labor**  
(Who Completes Claim; Who Orders Food...)
- ✓ **Nutrition Ed./ Partnerships**  
(Classroom Handouts, Parent Mailers, Culinary Schools, Rutgers SNAP-Ed...)  
[In-Kind Funding]
- ✓ **Outreach/Promotions:**  
(Newsletters, Teacher Orientation, PTA/PTO, "Back to School", Web-Site, Menus...)  
[In-Kind Funding]