



## WHAT IS FFVP?



- USDA "Fresh Fruit & Vegetable Program" Grant
- Program offered to Elementary Schools
- Grant providing fresh fruits & veggies as snacks to children
- Funding awarded to 202 NJ Schools
- Program starting in September at our school

## FFVP GOALS?



- Create healthier school environments
- Expand variety of fruits & veggies children experience
- Increase children's fruit & veggie consumption
- Make a difference in children's diets to impact their health

## WHAT SNACKS ARE SERVED?



- Fresh Fruits & Veggies
- Common items such as Apples, Oranges, Carrots & Cucumbers
- Unusual items such as Blood Oranges, Star Fruit, Jicama & Fennel
- Healthy snacks along w/ nutrition lessons, recipes & activities

## WHAT CAN PARENTS/GUARDIANS DO?



- Ask children about school snacks
- Serve healthy snacks at home
- Allow children to pick fruits & veggies when grocery shopping
- Prepare healthy meals w/ children
- Encourage healthy eating & exercise as a family