

FFVP Best Practices for Principals and Staff



Best Practices

- Inspire teachers to provide nutrition education such as "A to Z" Fun Facts.
- Encourage teachers to taste fruits/veggies with students.
- Advocate for teachers to send home info. on FFVP snacks & recipes to try.
- Allow students to eat while doing activities at their desk.
- Promote classroom discussions & surveys on likes & dislikes.
- Share with teachers the health benefits of FFVP.
- Present FFVP in a positive atmosphere at a teachers' meeting.

Discouraged Practices

- Allow students to take FFVP snack home.
- Display negative attitudes about vegetables.
- Consent to students expressing negativity about FFVP snack, especially vegetables. - - - "Don't Yuk my Yum!"
- Consent to teachers expressing negatively about FFVP snack - particularly when trying raw vegetables that are commonly eaten cooked.
- Withhold FFVP snack for disciplinary reasons.

"You do not like them. So you say. Try them! Try them! And you may. Try them and you may, I say." ~ Sam-I-Am