

FFVP Educational & Promotional 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:

[Beginner Farm to School Program/"Cream of the Crop"](#)

[Farm to School Program](#)

[Jersey Tastes! Harvest of Month Activity Sheets](#)

[Jersey Tastes! Recipes & Videos](#)

[NJF2S Lesson Plans](#)

[Jersey Fresh F2S Spirit Week](#)

[Grow It, Try It, Like It; Nutrition Ed Kit --- FREE!](#)

[Edible School Garden](#)

[Welcome to Kids Gardening! Grants too!](#)

[Dig In! Gardening Curriculum 5th & 6th graders; FREE Posters](#)

[NJ Agricultural Society/Teacher Toolbox / "From the Garden State to Your Plate" Book](#)



Websites:

[Seasonal Produce Guide](#)

--- [Search tool](#) for NJ local availability!

[ChopChop](#) --- Quarterly Kids' Cooking Magazine

[Waffles & Mochi](#) --- Travel & explore healthy food!

NJ Harvest of the Month Color & Activity Pages

[Additional Color Pages](#)

[Fruit & Veggie Flash Cards](#)

Additional Flash Cards: [Fruit](#) & [Veggie](#)

[Team Nutrition](#) --- [Nutrition Education Resources](#)

[Go Noodle](#) : Classroom energizers - physical activities/quick fun brain breaks!

[BAM---Body & Mind/Kids 9-13; Healthy Choices](#)

[Salad Bar Grants](#)

[MyPlate](#)

[NJ SNAP-Ed](#)

[FDA Produce Safety Information](#)

[SuperKids Nutrition](#)

[Dole - Kids' Activities & Recipes](#)

[Puzzlemaker](#) --- Create Educational Puzzles!

[RWJ Barnabas Health](#) : WOW!! --- Wellness On Wheels



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NJ FFVP Partnerships & Resources



Federal Level

- [USDA Fresh Fruit and Vegetable Program Handbook for Schools](#)
- [USDA FFVP / Food and Nutrition Website](#)



State Level

- [Supplemental Nutrition Assistance Program \(SNAP-Ed\)](#)
Providing nutrition education support free to schools with enrollments of 50% or more free and reduced.
- [NJ Department of Agriculture/Fresh Fruit & Vegetable Program \(FFVP\)](#)
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NJ Farm to School

- [NJ Farm to School Website and Resources](#)
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NJ FFVP Partnerships & Resources



Additional Community Partnerships to Consider

- [Rutgers Cooperative Extension – Family and Community Health Sciences](#)
- American Cancer Society
- American Heart Association
- School Nutrition Association
- American Dietetic Association
- Community Health Agencies
- County Health Departments
- FoodCorps
- High School, Vocational, or College Culinary Students
- Hospitals
- Local Grocers & Stores
- PTA/PTO/Home & School Associations
- Vocational Clubs
- Produce Associations/Commodity Groups
- Health Associations
- Nutrition Trade Associations
- Food Distributors
- Local Chefs
- Local Farmers and/or Farmers' Markets
- Local Dietitians
- Local Restaurateurs
- Parents that are Chefs
- Grocery Store Dietitians



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FFVP Tips & 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 a 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. (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.



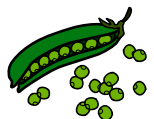
- Meet w/students for ideas as to items they want offered. -- "Student Voice & Choice"
- Develop older student team (F2S Volunteer Ambassador Program – FFVP Adaptation) to teach younger grades about specific produce.



- 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) -- shipping mishap, unripe produce, etc.



- Use students for distribution. -- Make them feel special to be awarded this task!
- Partner w/special needs classes to assist in preparation & distribution.
- Provide info. & recipes on the school's website.



- 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.

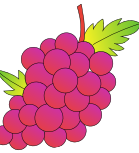
FFVP Tips & Lessons Learned



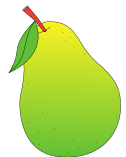
- Involve health & phys. ed. teachers or nurses & coordinate w/food service dept.
- Use packaged fresh produce, individual, or bulk. -- Helps reduce labor, simplify program, & possibly increase frequency.



- Use salad bar as produce stand. -- Students can 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.



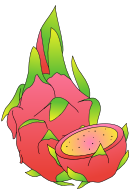
- Find local chef to prepare & teach lesson about cooked veggies.
- Suggest to preschool teaching staff that you can provide them w/whole fruit to show children how fruit is grown, cut, etc. (Order each class paring knives, cutting boards...)
- Provide bowls for extra fruit to offer at nurse's office.



- 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! -- Opportunity to reinforce fruits/veggies as nutritious & energizing snacks!



- Be sure program does not create excessive additional work for teachers.
- Don't be too thrifty.
- Do not plan every produce snack to include a special educational event. -- The primary program goal is to create 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! --And make it SIMPLE!



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