
















September 2019



FRESH FRUIT & VEGETABLE PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
2 No School	3 First Day of School No FFVP	4 No FFVP	5 No FFVP	6 No FFVP
9 Red Apple 	10 Sliced Cucumbers 	11 Cantaloupe Chunks 	12 Green Bell Peppers with Dip 	13 Watermelon Cubes 
16 Bartlett Pear 	17 Grape Tomatoes 	18 Red Grapes 	19 Sugar Snap Pea Pods 	20 Petite Banana 
23 Plum 	24 Broccoli with Dip 	25 Fresh Strawberries 	26 Carrot Sticks 	27 Pineapple Cubes 

Fresh Fruit and Vegetable Program (FFVP)

FFVP is a federally assisted program providing free fresh fruits and vegetables to children at eligible schools during the school day. The goal of FFVP is to introduce children to fresh fruits and vegetables, to include new and different varieties, and to increase overall consumption of fresh, unprocessed produce among children.

Tips for Classrooms and Home:

- Encourage the two-bite club so students at least taste the fruit/vegetable. Discourage words such as "yuck" or "gross". Have them use adjectives as to what they do or do not like about the fruit/vegetable.
- Ask students to describe the fruit/vegetable based on the five senses.
- Teach about the health benefits of the fruit/vegetable.