



# NH Fresh Fruit and Vegetable Program

## Welcome...

The FFVP has been in operation for 5 months in School Year 2014-2015. As a reminder, any *1st allocation funds (July–September) not expended by November 30, 2014 have been sent back to USDA. Encumbered funds were NOT carried forward to the 2nd allocation funds.*

Do you have a procedure in place to ensure that you are on track to spend down your 2nd FFVP school allocation funds? As a reminder, 2nd allocation funds (October–June) must be spent by June 30, 2015. Any unspent 2nd allocation funds will be returned to USDA.

Please feel call 271-3647 or email at [Tami.Drake@doe.nh.gov](mailto:Tami.Drake@doe.nh.gov) if you should have any questions.

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Fresh Fruit and Vegetable Program Logo



USDA Logo

## FFVP—Civil Rights and Protected Classes

Annually, SAU's must train front line FFVP staff who interact with students in Civil Rights. (*OMB Circular 113-1, Appendix B*).

### **What is a protected class?**

A protected class refers to any person or group of people who have characteristics for which discrimination is prohibited based on law, regulation or an executive order.

Schools must administer programs so that they are accessible to all FFVP participants regardless of:

- ◆ Race
- ◆ Sex
- ◆ Disability
- ◆ National Origin
- ◆ Color
- ◆ Age
- ◆ Religion
- ◆ Gender identity
- ◆ Marital status
- ◆ Reprisal
- ◆ Sexual orientation
- ◆ Political beliefs
- ◆ Familial or parental status



### **The FFVP and Administrative Reviews —Are you ready?...**

The FFVP aims to increase children's exposure to and consumption of a variety of fruits and vegetables. The intent of the FFVP review is to ensure that schools participating in FFVP are proper stewards of federal funds and operate the program as prescribed by USDA. FFVP schools selected for an Administrative Review (AR) are based on the National School Lunch Program (NSLP) schools being selected for review. FFVP schools selected for an AR occur after the NSLP school selection process has been completed. When none of the schools selected for a NSLP AR operate the FFVP but the FFVP operates elsewhere in the SAU, the State Agency must follow the USDA procedures to ensure that FFVP operating at schools is reviewed during a NSLP AR. The number of FFVP schools reviewed as part of an AR is based on the number of schools selected for a NSLP AR.

There are two procedures that will occur during a FFVP AR—*Off-Site Review* and *On-Site Review*. Below lists the areas of the review that will be examined during both procedures. The SA must issue corrective and fiscal action to bring the SFA into compliance if the SAU does not meet the requirements of the procedures.

#### **Off-Site Review Procedures**

- ◆ The State Agency (SA) must validate one claim for reimbursement for each FFVP school selected for review.
- ◆ The SA may select *any month* in which a school has submitted a claim in the current school year.
- ◆ The SA *does not* have to select the same claim month for each FFVP schools selected for review.
- ◆ If a school has not submitted a claim for the current school year, the SA must select a claim from the previous school year.
- ◆ SAUs must submit supporting cost documentation to validate the claim submitted for reimbursement.
- ◆ The SA will examine payment system records for the year-to-date administrative costs charged to each reviewed school's total FFVP allocation grant to ensure that each school is on track to charge no more than 10% of the total school allocation grant to administrative costs.

#### **On-Site Review Procedures**

Through the course of the AR, the SA will determine whether the school operates the FFVP properly on the day of the review.

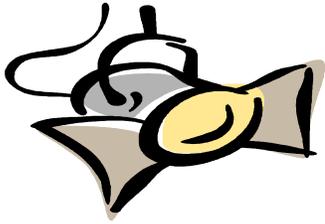
Observation of the FFVP (at each selected FFVP school) will include:

- ◆ The FFVP availability to all enrolled children in the school;
- ◆ FFVP is free of charge;
- ◆ The school offers FFVP within the school day, but out-

side the meal service times of the National School Lunch Program and School Breakfast Program;

- ◆ The school widely publicizes the FFVP;
- ◆ The school does not allow the following products:
  - ◆ Fruit/vegetable juice;
  - ◆ Nuts
  - ◆ Cottage cheese
  - ◆ Trail mix
  - ◆ Fruit or vegetable pizza
  - ◆ Smoothies
  - ◆ Fruit strips, drops or fruit leather
  - ◆ Frozen, canned, dried and other types of processed fruits
- ◆ The school provides dip that is for vegetable only and is either low-fat or fat-free and no larger than two tablespoons;
- ◆ The school does not provide fresh fruits and vegetables to adults except for teachers who are in the classroom with students during the FFVP food service;
- ◆ The school offers cooked vegetables no more than once per week and only when included as part of a nutrition education lesson;
- ◆ The FFVP food service follows Hazard Analysis at Critical Control Point (HACCP) principles and applicable sanitation and health standards.





## “In the Spotlight”...

### SAU 42—Nashua School District

SAU 42 has 8 schools that are participating in the FFVP for school year 2014-2015. Amy Cassidy, Food Service Director, states that the **most popular** fruits and vegetables that are served to the students in the participating FFVP schools are watermelon, cantaloupe, grapes, carrots, kiwi, apples, bananas, and tomatoes with the **least popular** being broccoli, squash and pears. To promote the FFVP, Amy posts the menu in the classrooms and on the website monthly.

Not only do the teachers and classroom staff model eating the fruits and vegetables with the students, the teaching staff know the value of a healthy snack and the importance of introducing fruits and vegetables to the students. These factors positively contribute to the success of the FFVP in their schools. Amy finds the negative factors that affect the FFVP are when time is limited in the classroom or when the students do not care for the fruits and vegetables being served.

Many thanks Amy for agreeing to have your SAU be showcased “*In the Spotlight*”...

Students at Ledge Street School, Nashua, NH are enjoying orange wedges being served by **Lisa Gamache**.

Thank you Lisa for all of your hard work and dedication to make the FFVP a success at your school.



## Fruit & Vegetable Fact Sheets

<http://lancaster.unl.edu/nep/fruitveggie.shtml>

Set of 30 fruit and vegetable fact sheets with information about: nutrition, uses, description, varieties, where first cultivated and whether they are grown in Nebraska. Color versions are color-coded to the five color groups (black & white versions could be printed on colored paper). Fact Sheets are available in a "printable" .pdf format. You will need the [free Adobe Acrobat Reader](#) to view and print.

### Download Now - Free:

▶ [Color Version \(11,053 KB\)](#)

▶ [Black & White Version \(5,755 KB\)](#)

- Apple (Red)
- Apricot (Yellow/Orange)
- Artichoke (Green)
- Asparagus (Green)
- Avocado (Green)
- Banana (White)
- Bell Pepper (Color .pdf includes Green and Red versions)
- Broccoli (Green)
- Brussels Sprouts (Green)
- Cabbage (Green)
- Cantaloupe (Yellow/Orange)
- Carrots (Yellow/Orange)
- Cauliflower (White)
- Grapes (Blue/Purple)
- Grapefruit (Red)
- Greens (Green)
- Kiwifruit (Green)
- Lettuce (Green)
- Orange (Yellow/Orange)
- Papaya (Yellow/Orange)
- Peach (Yellow/Orange)
- Pear (White)
- Pineapple (Yellow/Orange)
- Potato (White)
- Spinach (Green)
- Squash (Yellow/Orange)
- Strawberry (Red)
- Sweet Potato (Yellow/Orange)
- Tomato (Red)
- Watermelon (Red)



*This material was funded in part by USDA's Supplemental Nutrition Assistance Program and Expanded Food & Nutrition Education Program (EFNEP). The Supplemental Nutrition Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call 1-800-430-3244.*



**Top 10 Reasons to Eat More Fruits and Vegetables**

10. **Color and Texture:** Fruits and veggies add color, texture and appeal to your plate.
9. **Convenience:** Fruits and veggies are nutritious in any form so they're ready to eat when you are!
8. **Fiber:** Fruits and veggies provide fiber that helps fill you up and keeps your digestive system happy.
7. **Low in Calories:** Fruits and veggies are naturally low in calories.
6. **May Reduce Disease Risk:** Eating plenty of fruits and veggies may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.
5. **Vitamins & Minerals:** Fruits and veggies are rich in vitamins and minerals that help you feel healthy and energized.
4. **Variety:** Fruits and veggies are available in an almost infinite variety—there is always something new to try.
3. **Quick, Natural Snack:** Fruits and veggies are nature's treat and easy to grab for a snack.
2. **Fun to Eat!:** Some crunch, some squish, some you peel...some you don't and some grow right in your own backyard!
1. **Fruits & Veggies are Nutritious AND Delicious!**

**What Is It?...**

**Physalis**

These fruits encased in an unusual, lantern-like husk are part of the nightshade family and thus share a relation with the much more familiar tomato. Since it has a mild, refreshing acidity similar to the tomato, it can be used in many of the same ways. Imagine enjoying some pasta with fresh physalis sauce! Native to the Americas, they are typically imported from South America.



**Fruits and Vegetables of Winter**

<b><u>January</u></b>	<b><u>February</u></b>	<b><u>March</u></b>
Broccoli	Cactus Pear	Artichokes
Cabbage	Cauliflower	Broccoli
Cauliflower	Dates	Cauliflower
Grapefruit	Grapefruit	Honeydew Melon
Leeks	Kiwi	Leeks
Lemons	Lemons	Lettuce
Oranges	Oranges	Mangoes
Papaya	Papaya	Oranges
Tangelos	Tangerines	Pineapple



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**Important Links**

**USDA FFVP**

<http://www.fns.usda.gov/ffvp/fresh-fruit-and-vegetable-program>

**Bureau of Nutrition Programs and Services/ FFVP**

<http://www.education.nh.gov/program/nutrition/ffvp/index.htm>

**UNH Cooperative Extension**

<http://www.extension.unh.edu>

**Farm 2 School**

<http://www.nhfarmtoschool.org>



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### Chef Solus Asks Where Do Fruits and Vegetables Grow?

Did you know that fruits and vegetables grow in different places?

