



NH Fresh Fruit and Vegetable Program

Welcome to FFVP— School Year 2014-2015

Welcome to school year 2014-2015 and to the 1st edition of the *NH FFVP Quarterly Newsletter*.

History of the FFVP...

The Fresh Fruit and Vegetable Program is a USDA federally assisted program providing free fresh fruits and vegetables to students in participating elementary schools during the school day.

The FFVP began as a pilot program in 2002 to a limited number of states in the US and became a permanent program to all 50 states in 2008. Under the Food, Conservation and Energy Act of 2008 (P.L. 110-234), the National School Lunch Act was amended to include Section 19 and substantially increased the funding level to the FFVP.

The FFVP is targeted to Elementary schools with the highest free and reduced price enrollment.

NH Department of Education
Division of Program Support
Bureau of Nutrition Programs and Services

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Special Points of Interest:

- *History of FFVP*
- *FFVP Applications and 1st Allocation Funds*
- *“In the Spotlight”*
- *Fruits and Vegetables of the Month*
- *Activity Page for Kids*



Fresh Fruit and Vegetable Program Logo



USDA Logo

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FFVP Applications and 1st Allocation Funds

Reminders...

1. In order for your SAU to receive FFVP claim reimbursement from the State Agency, your FFVP application for 2014-2015 must be approved.
2. First allocation funds (*July—September*) not spent by September 30, 2014 **will be returned to USDA**. 10% of school allocation funds may be utilized for equipment purchases - equipment purchases must be

pre-approved by State Agency. Purchase orders for product from a vendor can be utilized.

Copies of the P.O. must be sent to the State Agency.

Contact Tami Drake at 271-3646 if you should have any questions.





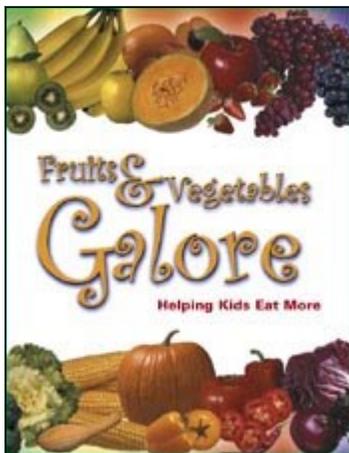
How do you Ensure that your FFVP Runs Smoothly...

To ensure that your FFVP runs smoothly, your schools should:

1. Establish an implementation or operational plan that addresses “who does what and where?” to ensure all operational guidelines are followed.
2. Establish a monthly budget to assist in tracking funds and ensure timely expenditure of program funds.
3. Pay attention to program logistics, right from the start, to make sure food service and other school staff understand how the FFVP works.
4. Incorporate nutrition education into the daily curriculum, preferably during the service of fresh fruits and vegetables.
5. Ensure that proper procurement procedures are followed.
6. Be familiar with proper handling and storage of fresh produce to prevent spoilage and loss.
7. Be familiar with all Food Safety and Hazard Analysis and Critical Control Point (HACCP) principles for fresh produce.
8. Process reports on time, retain records, and comply with all other paperwork and reporting requirements.

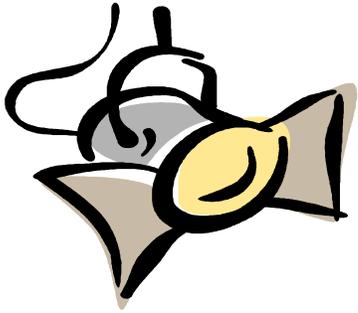
This information can be located on pages 8 and 9 of the Fresh Fruit and Vegetable Program Handbook.

Fruits and Vegetables Galore, Helping Kids Eat More!



Fruits & Vegetables Galore is a tool for school foodservice professionals packed with tips on planning, purchasing, protecting, preparing, presenting and promoting fruits and vegetables. Use Fruits & Vegetables Galore to help rejuvenate your cafeteria with colorful fruits and vegetables. Dress up your serving line to draw attention to fruits and vegetables to encourage children to make these selections. Solicit the cooperation of teachers by providing them with teaching tools or by supporting their educational efforts. Make your daily meal offerings competitive with other commercial options available to students. Use all these materials to get students excited about eating healthfully.

<http://www.fns.usda.gov/tn/fruits-vegetables-galore-helping-kids-eat-more>



“In the Spotlight”...

In this segment, I will be showing SAU’s participating in the FFVP. If you are doing something exciting in FFVP, have pictures* of the children enjoying the “fruits of your labor” or just want to mention how fabulous your schools are, let me know and your SAU could be featured **“In The Spotlight”!**

**You must have consent from parents to release pictures of children.*

SAU 30—Laconia School District

Tim Goossens, Food Service Director, SAU 30, Laconia, graciously agreed to be my “guinea pig” for **“In the Spotlight”**. SAU 30 has three schools participating in FFVP for school year 2014-2015. The pictures below showcase children enjoying the FFVP in two of the three schools participating in the FFVP for school year 2013-2014; Pleasant Street School and Woodland Heights Elementary School. Based on the survey conducted, Tim stated that most successful fruits and vegetables served to children at the participating schools were fruit salad, grape tomatoes, bananas, grapes, pea pods and strawberries. The least successful fruits were apples and oranges. Tim states that there were no factors that negatively contributed to the operation of the FFVP in his schools for school year 2013-2014 and he reported that tradition in Laconia, ample funding and school support contributed positively to the success of the FFVP in SAU 30. Thank you Tim!

Taste Test Tuesdays!

The children at the Pleasant Street School and Woodland Heights Elementary School in Laconia, NH, SAU 30, are tasting the fresh fruits and vegetables that Tim offers through the FFVP. The children then vote on their favorite choice. What a fabulous idea Tim!!!





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Do you know the Goals of FFVP?

1. **Create** healthier school environments by providing healthier food choices;
2. **Expand** the variety of fruits and vegetables that children experience;
3. **Increase** children’s fruit and vegetable consumption. Every effort should be made to provide fresh fruits and vegetables at least twice per week; and
4. **Make** a difference in children’s diets to impact present and future health.

What Is It?



This is a **Dragon Fruit**. Dragon fruit is grown in Southeast Asia, Mexico, Central and South America and Israel. The plant is actually a type of cactus and the fruit comes in three colors. Dragon fruit is low in calories and offers numerous nutrients, including Vitamin C, phosphorus, calcium, plus fiber and antioxidants. Dragon fruit tastes wonderful—sweet and crunchy with a flavor that is a cross between kiwi and pear.

Fruits and Vegetables In Fall

<u>October</u>	<u>November</u>	<u>December</u>
Apples	Apples	Bell peppers
Blackberries	Broccoli	Carrots
Broccoli	Cauliflower	Celery
Cranberries	Cranberries	Cranberries
Grapes	Grapefruit	Grapefruit
Honeydew Melon	Grapes	Grapes
Oranges	Honeydew Melon	Oranges
Peaches	Oranges	Papayas
Pears	Peaches	Pears
Pumpkins	Pears	Snow peas
Strawberries	Sweet potatoes	Tangerines
	Tangerines	



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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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Persons with disabilities who wish to file a program complaint, please see information above on how to contact us by mail directly or by email. If you require alternative means of communication for program information (e.g., Braille, large print, audiotape, etc.) please contact USDA's TARGET Center at (202) 720-2600 (voice and TDD).

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Who Am I? The Fruit Group

We are the fruit food group. Can you guess our name? We come in different sizes and shapes. But we all taste great. Eat us everyday and you will feel great and be healthy!



Draw a line from the fruit to the name.
Color the page when you are done!



pear

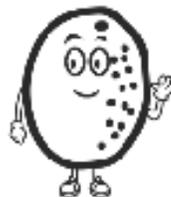


plum

watermelon



grape



asian pear

kiwi



strawberry



peach



orange



pineapple

banana



apple



mango



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