

THE FFVP THYMES

November



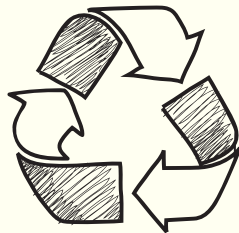
A monthly resource to support and inspire your USDA Fresh Fruit and Vegetable Program!



NH Products for Your FFVP Program This Month



- Beets
- Beet Greens
- Brussel Sprouts
- Cabbage
- Carrots
- Kale
- Onions
- Parsnips
- Potato
- Pumpkin
- Rutabaga
- Salad Greens
- Snow Peas
- Spinach
- Swiss Chard
- Tomatoes
- Turnips
- Winter Squash



Got extra pumpkins around your school? Check with your local transfer station - they may be able to recycle them for you!

If you know any farmers interested in pumpkins for their animals - this is a great way to recycle pumpkins as well!

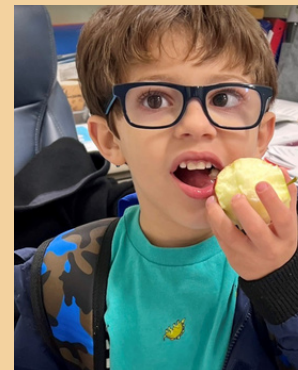
ON OCTOBER 18TH, ONPS HOSTED THE NH GREAT APPLE CRUNCH!



SAU 10 Derry



SAU 90 Hampton



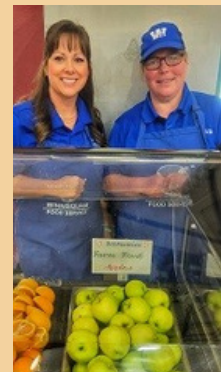
SAU 25 Bedford



SAU 59 Winnisquam



SAU 59 Winnisquam



FFVP Helpful Tips: Serving Veggies with Dip



- If you choose to serve vegetables with dip, make sure to only offer low-fat, yogurt-based or other low-fat or not-fat dips.
- The amount used should be what is commonly noted as a "serving size" for condiments, as shown on the nutrition labels: 1-2 tablespoons. Fruit cannot be served with dip.

Allowable Dips



- Low-fat or Non-fat.
- Label states product has 3 or less grams of fat per 50 grams of food.

Unallowable Dips

- Reduced Calorie or Reduced Fat
- Light/lite.
- Label states product has more than 3 grams of fat per 50 grams of food.
- Dips for fruit.

Share FFVP Photos, taste tests or program stories with us! Email Madeline Parker (Madeline.R.Parker@doe.nh.gov)

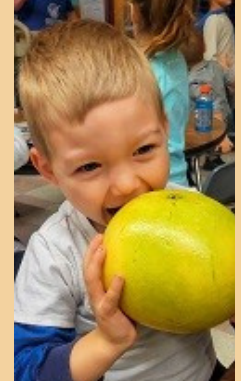
***Reminder: If your SAU has a September FFVP claim, it must be submitted by November 29th, 2023. October FFVP claims must be submitted by December 30th, 2023.*



Monthly Spotlights



SAU 59 serves pomelo to students at Southwick School for FFVP!



Students in SAU 14 try dragon fruit and starfruit!