

THE FFVP THYMES

October!



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

Reminder

NH Products for Your FFVP Program This Month



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

In preparation for October 18th, use the hashtag [#NHGreatAppleCrunch2023](#) when sharing your photos! Send in photos to our Office of your school participating in the crunch as well!

Don't forget to Count Your Crunch – complete this [google form](#) to be added to the [NH Great Apple Crunch Map](#)!

Crunch into a locally grown apple on Wednesday, October 18th for the NH Great Apple Crunch & to celebrate National Farm to School Month!

This is a great opportunity to purchase local produce for your school's FFVP!



Questions on how to procure local?
Contact our Office!



ONPS apple picking trip to [Carter Hill Orchard](#) in Concord



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Monthly Spotlights

Nutrition Education Spotlight

USDA Tools for School:
Offering Fruits and Vegetables



Find ways on how your FFVP school can boost student acceptance of fruit and veggie offerings with fun activities!

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

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

SAU 14's Chef Moss served up delicious melon to some happy Epping Elementary School Students!

