

The FFVP Thymes

SEPTEMBER

2023

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



NH PRODUCTS FOR YOUR FFVP PROGRAM THIS MONTH

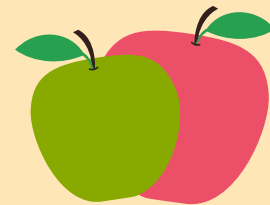


- Apples
- Strawberries
- Raspberries
- Blueberries
- Peaches
- Pears
- Plums
- Melons
- Salad Greens
- Snow peas
- Beans (green and yellow)
- Beets
- Bok Choy
- Corn
- Cucumbers
- Eggplant
- Kale
- Spinach Summer
- Squash Swiss
- Chard Tomatoes
- Turnips Winter Squash
- Parsnips
- Peppers (beginning of the month)
- Potato
- Pumpkin
- Rutabaga
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Kohlrabi

**DONT
FORGET**



IF YOUR SAU HAS A FRESH FRUIT AND VEGETABLE (FFVP) AUGUST 2023 CLAIM THAT HAS NOT BEEN SUBMITTED, YOU MUST SUBMIT IT IN MYNHDOE BY OCTOBER 30TH. PLEASE REMEMBER THE AUGUST 2023 CLAIMS WILL BE UNDER THE FY 2023 DROP DOWN ON MYNHDOE, NOT FY 2024 (WHICH IS THE DEFAULT). SEPTEMBER 2023 CLAIMS MUST BE SUBMITTED BY NOVEMBER 29TH.



THE FY 2024 FRESH FRUIT AND VEGETABLE APPLICATION IS DUE BY SEPTEMBER 30TH, 2023 IN MYNHDOE.



DID YOU MISS FFVP WEBINAR IN JULY? FIND IT HERE IF YOU ARE NEW TO FFVP OR NEED A REFRESHER!

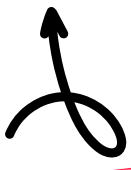



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DOES YOUR SCHOOL HAVE A FAVORITE FFVP ACTIVITY? PLEASE SHARE WITH OUR OFFICE!

Nutrition Education  

University of Rhode Island [FFVP Curriculum](#)

Lesson Highlights By Grade

GRADE K	GRADE 1	GRADE 2
GRADE 3	GRADE 4	GRADE 5
JEOPARDY GAME		RAINBOW CHALLENGE


The [nutrition lessons](#) take 10-15 minutes for grades K-2 and approximately 20-30 minutes for grades 3-5. Materials are flexible so teachers can combine lessons or save parts of lessons for later. Most lessons contain activities and worksheets that students can complete individually, with a partner, or in a group. Curriculum connections to language arts, math, science and social studies are included. Bilingual parent letters in English and Spanish are also included for each grade. In grades K-4, the curriculum includes one lesson pertaining to a nutrition themed children's book.

The 2023 NH Great Apple Crunch is coming up! Be on the lookout for more information on how to count your crunch!!


The New Hampshire
Great Apple
Crunch
October 18th, 2023



To celebrate NH Farm to School Month, CRUNCH into a locally grown apple on Wednesday, October 18th!



Distributed by NHED - Office of Nutrition Programs and Services, July 2023.
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SHARE FFVP PHOTOS, TASTE TESTS OR PROGRAM STORIES WITH US!
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