



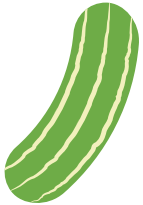
NUTRITION EDUCATION IN THE FRESH FRUIT AND VEGETABLE PROGRAM



Nutrition Education is a very important factor in the success of your school's FFVP. Providing nutrition education can also help schools reach their goal of having a healthier school environment.



WHAT CAN YOUR SCHOOL DO FOR NUTRITION EDUCATION?



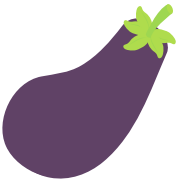
- Develop nutrition education activities that fit your students.

- Use free resources and educational materials available to schools.



- Include nutrition education whenever possible, especially during service of fresh fruits and vegetable and even on days when the program is not offered.

- A cooked, fresh vegetable dish can only be provided once per week and must include a nutrition education component.



- Adapt lesson plans to include nutrition education.



- Add a monthly newsletter that addresses nutrition education and benefits of fruits and vegetables.

FREE NUTRITION EDUCATION RESOURCES

[USDA Nutrition Education Materials](#)

[Fruit and Vegetable](#) Announcements - NHED

[Team Nutrition Order Form \(USDA\)](#)

[Fruit and Veggie Facts](#) (fruitsandveggies.org)

[Cooking Matters Resources](#)

