



What is the Fresh Fruit and Vegetable Program?

The United States Department of Agriculture's (USDA) Fresh Fruit and Vegetable Program (FFVP) provides schools with funds to offer students at no cost fresh fruit and vegetable snacks during the school day. Schools receive grant funds from the Wyoming Department of Education to provide fresh fruit and vegetable snacks for use outside of the breakfast and lunch service.

What is the purpose of the program?

The purpose of the FFVP is to provide free, fresh fruits and vegetables to all enrolled students. The program currently operates in all 50 states.

When and where can fresh fruits and vegetables be offered?

Schools may offer fresh fruits and vegetables in classrooms, hallways, and lunch service. They can also be used in classroom activities and nutrition education.

What are the benefits of eating more fresh fruits and vegetables?

Many children eat high-calorie, low-nutritional value foods as snacks. Eating fresh fruits and vegetables develops healthy eating habits and provides more nutrients for growing children. A benefit of eating more fruits and vegetables is reducing the risk of certain chronic diseases. Colorful fresh fruits and vegetables provide necessary vitamins, minerals and fiber. Vitamin C promotes a healthy immune system; fiber decreases the risk of coronary heart disease; vitamin A supports healthy skin and eyes; and potassium helps maintain a healthy blood pressure. Eat a colorful variety of fruits and vegetables: blue-purple, yellow-orange, dark green and red.

What can parents do to include fruits and vegetables in the day?

Parents and caregivers serve as role models for children. Enjoy fruits and vegetables with your child. Be willing to try new kinds of fruits and vegetables. Fruits and vegetables are a nutritious option for meals and snacks.

- Start the day by adding bananas or strawberries to breakfast cereal.
- Include plenty of fresh veggies on sandwiches.
- Encourage your child to choose fruits and vegetables offered as part of the school breakfast and lunch program.
- Use fruits in salads and smoothies.
- Offer apples or carrots as an afterschool snack.
- Have your child help you chop peppers, lettuce, onions and tomatoes as taco toppings for dinner.
- Top off the day with a delicious plum or pear.

For more information and resources:

- fns.usda.gov/ffvp
- FruitsAndVeggiesMoreMatters.com
- ChooseMyPlate.gov

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is part of the

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Fruit &
Vegetable*
Program