

Office of Hawaii Child Nutrition Programs



FRESH
● ● ● ●
FRUIT &
VEGETABLE
● ● ● ●
PROGRAM

Goals

Program Goals:

- Create healthier school environment
- Expand variety of fruits & veggies
- Increase fruit & veggie consumption
- Make a difference in children's diets



Objectives

Program Objectives:

- Develop action plan
- Marketing the program in your school
- Create Partnerships
- Develop Nutrition Education
- Budget management & claim procedures

A LITTLE FFVP BACKGROUND

- **2002 Pilot project**
- **2004 Project expanded**
- **2006 Another expansion**
- **2008 FFVP expanded nationwide**

SELECTION PROCESS

Your school must:

- ✓ Be an elementary school serving grades K – 6th grade
- ✓ Operate the NSLP
- ✓ Submit a yearly application
- ✓ Have 50% or more of its students eligible for free/reduced price meals

FFVP Schools:

- ✓ Receive funds based on an allocation of \$50 - \$75 per student.
- ✓ Must submit a correct monthly claim on time.
- ✓ No additional FFVP funds will be provided; remember

STAY WITHIN YOUR STUDENT ALLOCATION



Running a Smooth Program



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Where do I start?

- **Refer back to your application.**
- **Use your Fresh Fruit and Vegetable Handbook as a guide.**
- **Involve staff.**

WHEN?

Best times to serve..

- During the school day
- Multiple distribution times may be used



REMEMBER...

Fresh Fruit and Vegetable Program cannot be during the National School Lunch, the Breakfast Program, or as part of summer school sessions.

WHERE?

Where do we serve?

- Inside classrooms
- Hallways
- At kiosks
- As part of the nutrition education activity

Promotion

- No funds available for promotional activities
- Check the internet for freebies!
- Include the entire school community from parents to administrators
- Marketing is Key!

**The more you
are able to
market the
program the
more
successful your
program will be.**



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NIBBLES FOR HEALTH

Grow a Family Garden!

Gardening offers family fun. In a garden, you can be active, relax, and spend time together.

Growing vegetables or herbs teaches children that plants, like people, need food and water to grow and stay healthy. Caring for plants helps develop responsibility. It also builds self-esteem when kids see what they can grow!



A garden can teach your child about new foods. Kids usually taste what they grow!

What you need:

- Containers for city gardens: milk and juice carton, empty cans, empty bleach bottle, dishpan, plastic bucket, fish bowl, bushel basket
- Garden plot: a 2-foot plot is big enough. Hint: Preparing soil is hard for young children.
- Child-size tools: watering can, hose, small shovel, old spoon and fork, small rake, digging stick, hoe and spade, sticks to label plants
- Seeds or seedlings (young plants)
- Water for your hose or watering can
- Soil for container gardens
- Fertilizer: compost, manure, chemical types

Easy foods for kids to grow:

- Beets,* carrots,* cherry tomatoes,* collard greens,* cucumbers,* green beans,* herbs,* lettuce,* okra, onion,* peppers,* spinach, tomatoes, zucchini
- In windowsill pot: herbs, seeds to replant as young plants in the garden.



What would your child like to grow?

_____ Try them!

**This grows easily in a container.*



Provided by _____
NIBBLES FOR HEALTH 33 Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

Grow a Family Garden!

"I Can Grow Things!"

Most kids are proud of what they grow. Even when gardening is messy, your child is learning. It is okay if the garden is not planted perfectly. He or she can help with almost any gardening task, such as:

- **Pick** the vegetables or herbs we will grow.
- **Find** a sunny place.
- **Make** the soil ready in a container or in the garden.
- **Plant** seeds or small plants in the soil.
- **Water** plants when they are thirsty.

- **Measure** plants as they grow and vegetables form. Talk about it.



- **Pull** the weeds.
- **Pick** vegetables or herbs when they are ready.
- **Wash** the food.
- **Make** something to eat with your family. Use the food you pick.
- **Eat and enjoy it!**

No Garden?

Volunteer as a family to plant, help care for a community garden, or visit local farmer's markets.

Tip:

In the city vegetables and herbs grow in a sunny place on the roof, fire escape, or balcony.

Tip:

Call your County Extension Agent for help.
Phone # _____

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Nutrition Education

What should I do in my school?

Develop nutrition education activities that fit your students.

Use free resources and educational materials.

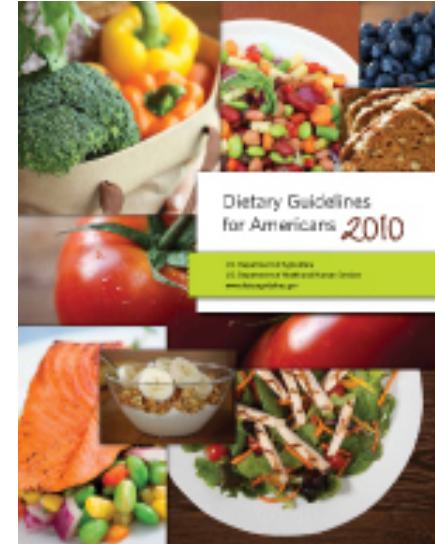
Nutrition Education Cont.

- Adapt lesson plans to include nutrition education.
- Consult with FFVP partners to obtain no cost promotional items such as informational fliers, pamphlets, posters, banners, and buttons.
- Have students create fruit and vegetable posters to decorate classrooms and serving areas.



Food Service Ideas...

- Use table tents, displays, posters
- Invite local chefs to participate in food demonstrations
- Use vendors as resources
- Hold “Produce and a movie”
- Have a “mystery” fruit or veggie of the week
- Jazz up the names of your f/v menu items



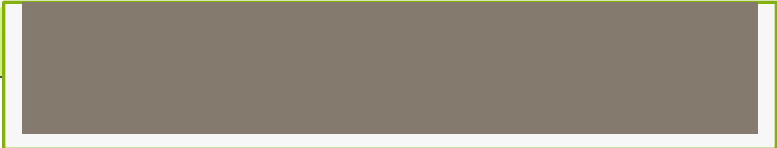
...what did
I get
myself
into....



FFVP
Handbook
Highlights



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Only teachers who are directly responsible for serving the fruit or veggie to their students in a classroom setting may partake of the produce.

Nein! Den! Non! BÙ! Không! A`ole!

- 🙄 Processed or preserved fruits and veggies (canned, frozen, or dried)
- 🙄 Dip for fruit
- 🙄 Fruit Leather
- 🙄 Jellied Fruit
- 🙄 Trail Mix
- 🙄 Fruit or Vegetable Pizza
- 🙄 Smoothies & Juice drinks

FFVP LIMITS

- **Dips for veggies**
 - Must be lowfat
 - Yogurt based
 - Serving size limited to 1-2 tablespoons
 - Service of “prepared” vegetables
- Fresh vegetables that are cooked, must be limited to once-a-week and always as part of a nutrition education lesson



“BUY AMERICAN”

- “Buy American” requirement applies to purchases made with FFVP funds
- Buy produce from your local grocery stores, farmers’ markets, and local growers
- Schools must purchase to the maximum extent practicable domestically grown fresh fruits and vegetables

To “Buy American” or Not to “Buy American”?

Situations

- The product is not produced or manufactured in the U.S. in sufficient and reasonable available quantities of a satisfactory quality
- Competitive bids reveal the cost of a U.S. product is significantly higher than foreign product

RECAP



RESOURCES

USDA Fresh Fruit and Vegetable Program Handbook
at : <http://ohcnp.k12.hi.us>

USDA Fresh Fruit and Vegetable Program Toolkit:
[http://www.fns.usda.gov/cnd/ffvp/Toolkit/
FFVPtoolkit.htm](http://www.fns.usda.gov/cnd/ffvp/Toolkit/FFVPtoolkit.htm)

The Office of Hawaii Child Nutrition Programs:
(808) 587-3600



**University of Hawaii
Cooperative Extension Service
Nutrition Education for Wellness**

<http://www.ctahr.hawaii.edu/new/>

Budget Management & Claims Procedures



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