

Central Decatur North and South Elementary were approved to receive the Fresh Fruit and Vegetable Program for the current school year 2018/2019.

What is the Fresh Fruit and Vegetable Program?

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program providing free fresh fruits and vegetables to children at eligible elementary schools during the school day. The goal of the FFVP is to introduce children to fresh fruits and vegetables, to include new and different varieties, and to increase overall acceptance and consumption of fresh, unprocessed produce among children. The FFVP also encourages healthier school environments by promoting nutrition education. To learn more, visit the FFVP webpage: <https://www.fns.usda.gov/ffvp/fresh-fruitand-vegetable-program>.

2. Who administers the FFVP?

The Food and Nutrition Service of the United States Department of Agriculture administers the FFVP at the Federal level. At the State level, the FFVP is administered by State agencies, which operate the Program through agreements with local school food authorities. State agency contact information is available at: <https://www.fns.usda.gov/school-meals/school-meals-contacts>.

3. What types of fruits and vegetables must be served under the FFVP?

The Food and Nutrition Service encourages schools to serve a variety of fresh fruits and vegetables. Because the intent of the FFVP is to introduce children to new and different fresh fruits and vegetables, the produce must be served in a way that it is easily identifiable. This encourages children to enjoy fruits and vegetables “as they are.” They encourage Buy American Provision, but do allow instances of buying outside America, to try new and other fruit like Kiwi Berries, or Orco Blanco just to name a few.

Central Decatur has been very fortunate to receive the Fresh Fruit and Vegetable program for seven years total at South Elementary Pre- K- 2nd grade, & North Elementary 3rd – 6th grade. It has really made a difference in exposing kids to all kinds of fresh fruits and vegetables, allowing them to learn about and try a small bite or piece of each fruit or vegetable without feeling like they have to eat all of a fruit or vegetable. The current Juniors were in 3rd grade the first year CD received the grant, at that time not many fresh fruits and veggies were being eaten or taken by students. As the years have progressed, the elementary students out ate the middle school and high school in total pounds of fresh fruit and vegetables, now with those first classes being juniors in high school, it has evened out and all levels are eating large amounts of fresh fruit and

vegetables on their fruit and veggies bars offered at each school building. The program has been amazing! The little kids were disappointed last year when we did not get approved for the program, and missed the fresh snacks immensely.

You can visit our school website under the School Nutrition page to view the monthly Fresh Fruit and Vegetable Menu and any new exciting fruit we have tried at www.centraldecalur.org.