

# Fresh Fruit & Vegetable Program



A USDA federally funded grant providing portions of **FREE** fresh fruits and vegetables to students during the school day.

## What are the goals?

- Create a healthy school environment
- Expand students' exposure to fresh fruits & vegetables
- Increase children's fresh fruit & vegetable consumption
- Provide an opportunity for nutrition education
- Impact students' present and future health

## Who, When, Where?

All students at your school receive a free fresh fruit and vegetable three times per week, when possible. The fruit or vegetable is picked up in the café and served in the classroom separate from breakfast and lunch.

The produce is ordered, stored and prepared by the Fulton County School Nutrition Program and served by teachers or para-professionals. A fun fact sheet is provided with each item.

## Food Safety

Food safety is one of the highest priorities for the School Nutrition Program. Produce is received, stored, prepared, and served under strict food safety rules and guidelines.

This institution is an equal opportunity provider.

## Parents

*Getting kids to eat more fruits & veggies can be a challenge for any parent. Through this federal grant, we hope your children will learn to enjoy and increase their consumption of fruits and vegetables at home and school.*

## What can Parents do?

- Encourage students to sample every fresh fruit or vegetable offered.
- Be positive regarding new fruits and veggies served at school.
- Talk to them about the benefits of healthy eating.
- Try fruits and vegetables in new ways with your children.
- Eat fruits and vegetables of different colors – red, dark green, yellow, blue, purple, white, and orange to get the broadest range of nutrients.