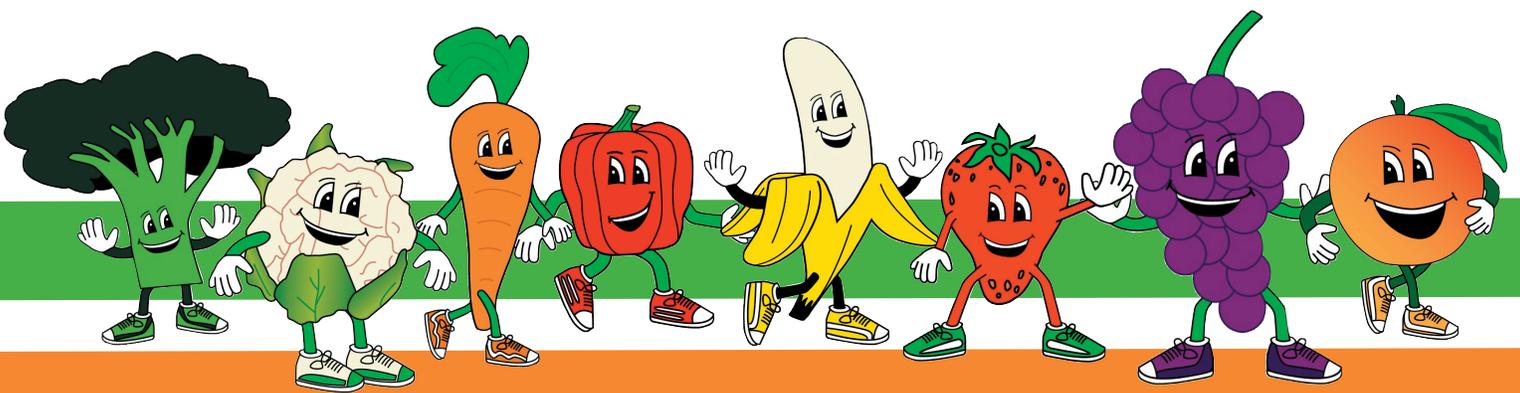




Nebraska Fresh Fruit & Vegetable Program

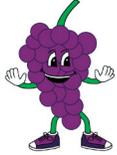
School & Family Resources





Nebraska Fresh Fruit & Vegetable Program

School & Family Resources Binder Contents



PROMOTION

- Nebraska FFVP Fact Sheet and Brochure
- Sample Family Letter (English and Spanish)
- Request Form for Fresh Fruits and Vegetables
- Fruits and veggies in the school
- Fruit and veggie taste testing
- Fruit and veggie health fair
- Fruit and veggie challenge
- School gardens

HANDOUTS (English and Spanish)

- Why children need fruits and veggies
- Easy ways to enjoy fruits and veggies
- Vary your veggies
- Focus on fruits
- Smart shopping for fruits and veggies
- Buy it fresh, keep it fresh
- Easy ways to fix fruits and veggies
- Learning about fruits and veggies at home
- Ways to get fruits and veggies on the go
- How fruits and veggies can help manage your weight
- Focus on fruits: Apples, Bananas, Kiwifruit, Oranges, Peaches, Pears.
- Encourage kids to eat more fruits and veggies
- Fruits & veggies on the go!
- Your questions answered
- Eat more fruits and veggies
- True or false? Test your fruit and veggie IQ
- How many fruits and vegetables do you need brochure and fact sheet



HANDOUT SERIES

- Fruit of the Month
- Veggie of the Month
- Daily Nutrition Tips



Nebraska Fresh Fruit & Vegetable Program

Program Description



The Nebraska Fresh Fruit and Vegetable Program (FFVP) provides all children and staff in participating schools with a variety of free fresh fruits and vegetables throughout the school day. It is an effective and creative way of introducing fresh fruits and vegetables as healthy snack options.

The Nebraska FFVP is supported by the U.S. Department of Agriculture (USDA) and is managed through the Nebraska Department of Education, Nutrition Services, in partnership with the Nebraska Department of Health and Human Services, Nutrition and Activity for Health Program.

Participating schools are also given materials and resources to promote fresh fruits and vegetables through classroom lessons, activities, food service and community partnerships. By increasing fresh fruit and vegetable eating opportunities and promoting consumption, students and staff are supported to improve their diets during the school day.



How It Works

- Nebraska elementary schools with 50 percent or more students eligible for free or reduced-price meals are eligible to participate.
 - Eligible schools complete an annual application to participate.
- Select schools agree to offer free fresh fruits and vegetables to students during the school day.

Program Goals:



- Create a healthier school environment by providing healthier foods choices
 - Expand the variety of fresh fruits and vegetables children experience
 - Increase children's fresh fruit and vegetable consumption
- Make a difference in children's diets to impact their present and future health

More Information: www.nde.state.ne.us/ns/nslp/FFVP/FFVP.htm



NEBRASKA
DEPARTMENT
OF EDUCATION



fruits & veggies
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matters**[™]



DHHS
Nebraska Department of Health
and Human Services



Nebraska

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Nebraska Fresh Fruit & Vegetable Program

Request Form for Fresh Fruits and Vegetables

Name of School:		Date:
Name of Person Requesting:		Email:
Who is Receiving the Fresh Fruits and Vegetables:		Phone Number to Contact You:
Date of Activity:	Time Needed:	Location of Activity:
Number of Students:	Indicate Pickup or Delivery (Please Circle One)	
Fresh Fruit and Vegetable Needed: List the Kind and Quantity		
Special Instructions:		
Other Supplies: Ex: Napkins, Plates, Plastic ware		
Brief Description of Activity:		
Return completed form to your School Food Service Manager.		

Please submit written request at least one week in advance of activity.

Sample Family Letter



Letter writing is an effective, personal way to tell people your ideas. Keep letters to one page and at a sixth grade reading level. Make sure you spell the names correctly and have the correct address.

Focus on Fruits and Vary Your Veggies

Use official letterhead

Mr. and Mrs. Edward Garcia
1423 Plains Avenue
Sandler, NC 27886

Dear Mr. and Mrs. Garcia:

The students at Eggplant Elementary School are participating in the USDA Fresh Fruit and Vegetables in Schools Program. This is a program to encourage students to enjoy the great taste and health benefits of eating plenty of fruits and veggies each day as part of a lower-fat, higher-fiber eating style. Your child may be bringing home activities and newsletters to share with you. In addition, you may be asked by a teacher or another parent to assist with activities, decorations or refreshments for special fruit and veggie promotional events.

You can also support your child's efforts to increase his/her fruit and veggie consumption in many ways throughout the year. For example:

- ◆ Eat breakfast or lunch with your child at school and help him/her select fruits and veggies.
- ◆ Take your child grocery shopping. Regularly let him/her assist in selecting a new fruit or veggie to try. This could be a fresh, frozen, canned or dried item.
- ◆ Give your child options! Let him/her choose which veggie to serve at dinner some nights.
- ◆ Keep fruits and veggies where kids can see them, like on counter tops.
- ◆ Send fruits, 100% fruit or veggie juices, or veggies to school when snacks are requested for parties or special events.
- ◆ Seek out a Farmers' Market in your area and take your child.
- ◆ Be a role model! If your child sees you eating fruits and veggies regularly, he or she will be more likely to eat them.

Please make every attempt to encourage your child to take part in our Fresh Fruit and Vegetable Program activities. Please call me at (252) 555-1234 if you have any questions. Thank you for helping your child be healthier!

Sincerely,

Name
Title

Sources: NC SNAC 2003, NC 5 A Day Toolkit

Ejemplo de una carta a una familia



Una manera eficaz y personal de transmitir sus ideas a otros es con una carta. Limite la carta a una página y escríbala al nivel de lectura de sexto grado. Verifique la ortografía de los nombres y que la dirección esté correcta.

Use el membrete apropiado

Sr. y Sra. Eduardo García
1423 Plains Avenue
Sandler, NC 27886

Estimados señor y señora García:

Los alumnos de la Escuela Primaria Naranja están participando en el Programa escolar del USDA sobre frutas y verduras frescas. Este programa trata de animar a estudiantes a que gocen del buen sabor y de los beneficios a la salud al comer muchas frutas y verduras todos los días, como parte de un estilo de comer de poca grasa y de mucha fibra. Sus hijos le estarán trayendo boletines y actividades que compartirán con ustedes. Además, una maestra u otro padre/madre les podrían pedir que ayuden con las decoraciones o refrescos para eventos especiales que promueven el consumo de frutas y verduras.

Ustedes también pueden apoyar los esfuerzos de sus hijos aumentando el consumo de frutas y verduras durante el año de muchas diferentes maneras. Por ejemplo:

- Desayunen o almuercen con sus hijos en la escuela y ayúdenles a seleccionar frutas y verduras.
- Lleven a sus hijos a hacer compras. Déjenlos ayudar en la selección de una fruta o verdura nueva. Puede ser fresca, congelada, enlatada o seca.
- ¡Denles opciones a sus hijos! Algunas veces, déjenlos seleccionar la verdura que se servirá en la cena.
- Guarden frutas y verduras donde sus hijos las verán, como en la encimera de la cocina.
- Cuando se les solicitan refrigerios para fiestas o eventos especiales en la escuela, envíen frutas y jugos 100% de frutas o verduras.
- Encuentren un mercado de agricultores en su zona y lleven a sus hijos.
- ¡Sean un modelo de conducta! Si sus hijos los ven comer frutas y verduras regularmente, es probable que ellos las comerán más regularmente también.

Por favor hagan todo lo que puedan para que sus hijos participen en las actividades del Programa escolar del USDA sobre frutas y verduras frescas. Llámenme al (252) 555-1234 si tienen alguna pregunta. Gracias por ayudarles a sus hijos a comer de manera más sana.

Atentamente,

Nombre
Título

Piense en frutas y varíe las verduras



Fruits and Veggies in the School

School staff have the chance to promote fruits and veggies everyday. Here are some fun ways to do that.

Setting the stage for fruit and veggie messages

- Give magnets, pencils or erasers with a fruit or veggie theme to students and staff.
- Hang posters that promote fruits and veggies.
- Wear aprons, t-shirts or hats with a fruit or veggie theme.
- Highlight fruits and veggies served.
- Advertise fruits and veggies with fruit and veggie stickers.

Having fun with fruits and veggies

- Throw a fruit and veggie tasting party for students.
- Sponsor a fruit and veggie trivia contest for students, staff and leaders.
- Invite the media to your fruit- and veggie-themed events.
- Feature new fruits and veggies.

Involving kids in fruit and veggie messages

- Survey students about favorite fruits and veggies.
- Start up a fruit and veggie buddy system for students.
- Invite students to decorate the school with fruit and veggie themes.

Promoting fruits and veggies to families

- Give a fruit and veggie presentation to the PTA.
- Put a promotional message on the menus students take home to their families.
- Include fruit and veggie messages when menus are sent to the media.
- Form new partnerships with parents to promote fruits and veggies.
- Sponsor a family fruit and veggie health fair.



Fruit and Veggie Taste Testing

Often just one taste is enough to encourage someone to be a lifetime consumer of a fruit or veggie. Taste tests in classrooms or school cafeterias can be a simple way to introduce students and staff to new fruits and veggies. If you plan to hold a taste testing of new fruits and veggies, **please send a note home with students the week before a taste test is planned to avoid potential problems for children with allergies.**

Key Elements

- ◆ Capture the attention of students, teachers and staff
- ◆ Use colorful signs and have the servers wear colorful aprons
- ◆ Use simple messages - see below for quick themes and suggested activities
- ◆ Choose a location where students and staff can easily stop, sample and talk to the servers
- ◆ Give something to take home (recipes, tip cards or fruit and veggie promotional items)

Tips

- ◆ Consider the time of day/week/year when planning - offer seasonal produce
- ◆ Arrange the taste test during a time that fits best in the school day
- ◆ Decide on a memorable message and communicate it to every taster
- ◆ Show students and staff something new and different
- ◆ Tie it into a promotion in the cafeteria (such as a fruit or veggie of the week)
- ◆ Use the chart on the back to capture students' opinions

Supplies: serving dishes and utensils, napkins and toothpicks

Common Sense

- ◆ If experimenting with exotic fruits and veggies, always sample them yourself first
- ◆ Never leave the samples unattended
- ◆ Have individual servings so that tasters don't "double dip"
- ◆ Serve the food yourself; don't let tasters help themselves
- ◆ Be careful with electricity and cords
- ◆ Maintain cleanliness and proper sanitation

Quick and simple messages to encourage tasting

Message	Suggested Activity
Try a new fruit or veggie in your salad	Sample a variety of new and different salad ingredients with low-fat dressings
Enjoy a healthy snack of fruits or veggies	Sample cut veggies with low-fat dip or dressing, exotic fruits: kiwi, mango, paypaya and star fruit
When you want something sweet for dessert, try fruit - it's naturally sweet	Sample a variety of fresh cut fruits, create a mixed fruit cup

Fruit and Veggie Taste Testing

Name _____

Date _____

Fruit or veggie to taste	I tasted it	What did I think of it	I will not taste it now

Source: NC 5 A Day Toolkit



Fruit and Veggie Health Fair

A health fair can be a fun and creative way to draw attention to fruits and veggies at your school!

Supplies: Room, tables, community displays, tickets, door prizes, donated produce, posters, and taste test materials.

Two months ahead...

- ◆ Choose a health fair coordinator.
- ◆ Form a group or committee to plan the health fair.
- ◆ Brainstorm ideas that focus on fruits, veggies and physical activity.
- ◆ Give responsibilities to students. Consider letting them help with advertising. Put groups in charge of music or set-up. Use an older student or teacher to work with the students.
- ◆ Ask supermarkets, farmers' markets and produce boards to donate fruits and veggies.
- ◆ Ask an aerobics instructor to demonstrate fun physical activities at the fair.
- ◆ Ask for participation from parents. Community health organizations can help, too. Try the American Cancer Society, the American Heart Association, hospitals, local health departments or the YMCA.
- ◆ Set a date and time for the health fair.
- ◆ Make raffle tickets. Arrange for door prizes. Many local businesses will donate prizes to schools.
- ◆ Promote the health fair to youth groups and parents.
- ◆ Choose a master of ceremonies.

One month ahead...

- ◆ Promote the health fair with flyers and posters. Give them to parents, local businesses and community groups.
- ◆ Encourage students to create slogans. Advertise the slogans over local radio stations or cable channels.
- ◆ Have parents support a booth with educational activities.

The day of the fair...

- ◆ Have students perform a song or routine with a fruit or veggie theme at the health fair.
- ◆ Show easy ways to prepare fruits and veggies.
- ◆ Set up a taste-testing section or booths throughout the room.
- ◆ Decorate the room with posters of fruits and veggies. Include posters that encourage physical activity, too.



Fruit and Veggie Challenge

The *Fruit and Veggie Challenge* is an activity that encourages participants to eat more fruits and veggies each day. This activity could be done on many different levels, either as a challenge for one classroom at a time or as a competition (between classrooms, grades or even entire schools!). Don't forget to include parents, faculty and staff. The steps below would help organize a challenge for the entire school. Steps could be easily modified for fewer participants, such as a classroom-only activity.

Two months ahead

- ◆ Get the endorsement of the principal and administration.
- ◆ Designate a *Fruit and Veggie Challenge* coordinator.
- ◆ Develop a team: teachers, school nurse, foodservice director and staff, parents/PTA, community agencies (Cooperative Extension, local hospitals, health department staff). Include all school departments, especially physical education, the library/media center, music and art teachers.
- ◆ Brainstorm for ideas that focus on fruits and veggies.
- ◆ Schedule the event.
- ◆ Solicit participation from parents and community health organizations, such as the American Cancer Society, American Heart Association, YMCA or local hospitals.
- ◆ Arrange for prizes. Many local businesses are willing to donate prizes.
- ◆ Gather recipes, educational resources and other materials.

One month ahead

- ◆ Promote the challenge with posters and flyers distributed to parents, faculty and staff.
- ◆ Work with teachers to encourage students to create slogans.
- ◆ Elicit parent participation by inviting parents for a school lunch that features new fruits and veggies.

The week of the Challenge

- ◆ Provide students and staff with a copy of the *Fruit and Veggie Challenge* chart.
- ◆ Have students perform fruit and veggie-related songs during an assembly.
- ◆ Demonstrate ways to prepare fruits and vegetables that are easy and tasty.
- ◆ Set up a taste-test and/or other fruit and veggie activity in the cafeteria.
- ◆ Decorate the hallways with posters of fruits and vegetables.
- ◆ Guide the students through the *Fruit and Veggie Challenge* chart each day.
- ◆ Remind them to complete the form each night with their family.

After the Challenge

- ◆ Tally the results and recognize students' efforts.
- ◆ Give a certificate to each student/adult who participated. Consider recognizing the student/class/ grade/school that ate the most fruits and veggies or that did the most minutes of physical activity or that tried the most new fruits and veggies.

Fruit and Veggie Challenge

Name _____

Classroom _____

Daily Number of Fruit and Veggie Servings

	Breakfast	Lunch	Snacks	Dinner	Total
Sunday					
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					

- ◆ Aim for 5-9 servings of fruits and veggies every day. That equals 2½ cups of veggies and 1½ cups of fruit.
- ◆ You can eat fresh, frozen, canned or dried fruits and veggies.
- ◆ Pick lots of different colors of fruits and veggies - red, green, yellow, orange, blue, purple and white.
- ◆ Here are some ideas about what counts as a serving of fruits and veggies.



1 medium-sized piece of fruit (e.g. banana, apple, orange, pear)



1 cup raw, leafy veggies (e.g. lettuce, spinach) or salad



1/2 cup cut-up fresh fruit or canned fruit, canned in its own juices



1/2 cup cooked or canned veggies



3/4 cup (6 fluid ounces) 100% fruit juice



3/4 cup (6 fluid ounces) 100% veggie juice



1/4 cup dried fruit (e.g. raisins, dried apricots, prunes)



1/2 cup cooked or canned beans, peas or lentils



School Gardens

School gardens are effective learning tools that create opportunities for our children to discover fresh food, make healthier food choices and become better nourished. Gardens also offer dynamic, beautiful settings in which to integrate every discipline, including science, math, reading, environmental studies, nutrition and health. There are many types of plants that can be grown in a garden including those that produce edible fruits and veggies. The following tips will help you get started with your own project.

Organize a Garden Committee and Support Base

- ◆ Include administration, teachers, parents and students in the planning process.
- ◆ Get permission before planning to plant a garden on school property.
- ◆ Define specific talents and expertise of each member of the committee and support group. List specific needs/wants and have individuals commit to those areas.
- ◆ Establish a projects list, realistic timeline for completion of tasks and specific objectives for students in the garden. Visit successful school gardens to get ideas and ask questions.
- ◆ Enlist the expertise of your county's Cooperative Extension Service or a Master Gardener Program.

Select a Garden Site

- ◆ A good site is easily accessible, receives direct sunlight for 6 to 7 hours daily, is clear of trees and roots and has good water drainage.
- ◆ Check for the proximity of the water source.
- ◆ Call local utilities and the school district for existence and location of underground utilities.

Design Your Garden

- ◆ Start small to develop a general feel for the garden. Things to consider include: individual class beds, theme gardens, a tool shed, a greenhouse and fencing.
- ◆ Sketch out a plan for the entire area including: beds for annual crops of veggies and flowers; theme gardens for butterfly and larval plants; medicinal and culinary herbs; teas; edible flowers; an orchard area; and permanent areas to include native plants and berry patches (habitats for birds, insects, snakes and frogs).
- ◆ Be sure to include composting and worm bins, a tool shed, benches and a shaded outdoor classroom. If necessary, divide the project into phases as funds and energy permit.
- ◆ Make sure paths are wheelchair accessible - 36" wide.

Determine Cost of Labor and Materials

- ◆ Organic planting mix for raised planters. Multiply bed length times width times depth in feet and divide by 27 to get number of cubic yards of soil needed.
- ◆ Soil amendments for in-ground planting. Add 4 to 6 inches of compost to well-dug soil and mix with existing soil.
- ◆ Hardware cloth ($\frac{1}{4}$ inch wire mesh) to line raised beds where moles are a problem.
- ◆ Wood chips or other materials for garden paths. Most tree companies are glad to donate chips.
- ◆ Irrigation components and controllers. You can use simple, non-electrical timers, or battery operated controllers, costing \$20-\$30 and \$40-\$50, respectively.
- ◆ Seeds and plants.
- ◆ Suggested Tool List (minimum): small trowels - one per student; watering cans; 3-4 shovels; 3-4 turning forks; wheelbarrow; small buckets; 1-2 hoes; 1-2 rakes; plant labels are a good art project; hoses and gentle spray nozzles.

Fundraising

- ◆ Determine start-up and maintenance costs, and what funds are immediately available. Is there a system established with the school regarding accounting?
- ◆ Determine who will keep track of the budget.
- ◆ Make a list of needed items and a list of possible local resources - PTA, parents, local vendors.
- ◆ Obtain a list of grant proposals; determine who will research, write and facilitate the grant.

Garden

- ◆ Schedule and publicize community work days; follow up with a phone tree.
- ◆ Have students make posters to put around school with work dates.
- ◆ For building projects, identify an experienced carpenter or builder in the group to organize workers.
- ◆ Identify those with plumbing, electrical and irrigation knowledge and skills. Ask volunteers to bring needed tools, including saws, hammers, post hole diggers, wheelbarrows, shovels, spades, pickaxes, digging bars and spading forks (depending on tasks being done).
- ◆ Remove any unwanted current vegetation from the garden site. Move native plants or current landscaping to another appropriate site on school grounds. *DO NOT USE HERBICIDES* of any kind to kill weeds. They are toxic not only to weeds, but also to our watersheds and our children!
- ◆ If mole/vole control is needed, install ¼" hardware cloth 12 inches deep for in-ground planting or use raised planters with ¼" hardware cloth on bottom. If planting directly in the ground, turn over soil to a depth of 18", adding 4" to 6" of soil amendments as needed (based on soil type). If constructing raised planters, fill with organic planting mix.
- ◆ Install drip irrigation system and controller. Spread wood chips or other material on garden paths.
- ◆ Build fence and gate; install sign.
- ◆ Contact your local Cooperative Extension agency for advice on appropriate plants, planting schedules, seeds and seedling sources.
- ◆ Have students start planting. Make sure that the students are involved in each step of the process whenever possible!
- ◆ MOST IMPORTANT - Have Fun!