



# Nebraska Fresh Fruit & Vegetable Program Training - SY 2023-2024

Nebraska Department of Education  
Office of Coordinated Student Support Services  
Nutrition Services

September 13, 2023  
2:30-4:00 p.m. CST

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

## PROUD TO TRY A BITE







# Welcome!

Thank you for all you do in your school and districts to support student wellbeing!

We are grateful for your continued work to support all Child Nutrition Programs!

# Training Topics

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- Goals and purpose of FFVP
- Administration of FFVP
- What is and is not allowed
- Nutrition Education and Promotion
- Budgeting for the FFVP
- Administrative and Operational Costs
- FFVP Claims
- Integrating Local Foods

[FFVP Handbook](#)

[NDE FFVP Website](#)





# Goals & Purpose of the FFVP

Creates healthier school environments by:

- Expanding the variety of fruits and vegetables children experience
- Encouraging healthier food choices
- Increasing children's fruit and vegetable consumption
- Making a difference in children's diets which impacts their present and future health.



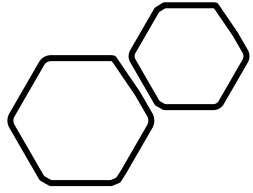


# Administering the FFVP

- The U. S. Department of Agriculture (USDA) administers the program at the Federal level.
- The Nebraska Department of Education (NDE), Nutrition Services administers the FFVP at the State level.
- FFVP sub-grants are awarded to eligible school buildings that apply to participate.
  - SY 2023-2024: 177 sites have been awarded, representing approximately 53,300 Nebraska students who will be impacted by the program.

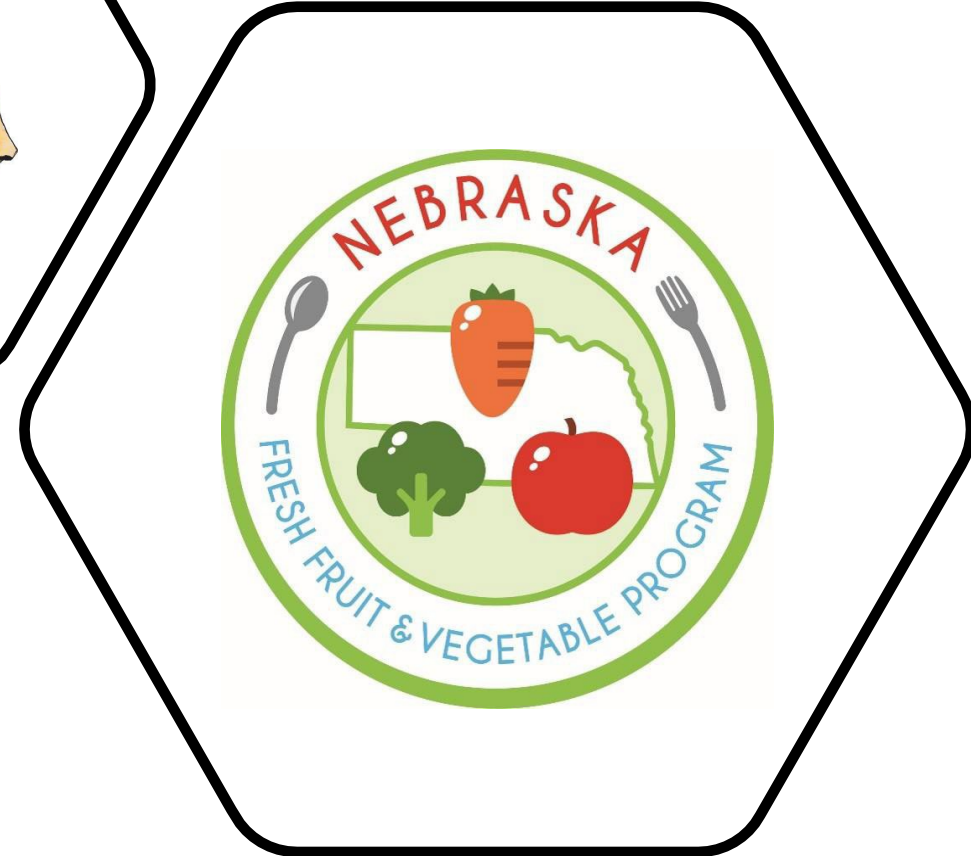






# School Selection Criteria

- Be an “elementary school”
- Represent one of the highest free & reduced priced meal eligibility sites in Nebraska
- Participate in the National School Lunch Program; and complete an annual application for FFVP.
- A list of awarded schools for SY 2023-2024 will be posted to the NDE, FFVP webpage soon!

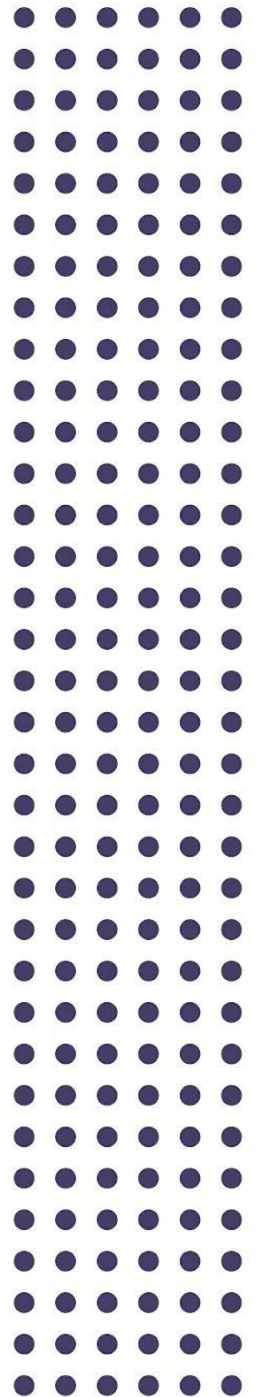




# School Selection Criteria, continued

The NDE reserves the right to remove a school's application from consideration when:

- The school fails to meet the deadline for application completion.
- The school does not have support of its administration.
- There is concern with the school's administration of another Child Nutrition program.
- If a school cannot properly operate the FFVP, despite previous support and technical assistance offered from NDE.







# How are Funds Dispersed?

The FFVP grant is awarded to schools in two allocations:

- July 1 – September 30, 2023
- October 1, 2023 – June 30, 2024
- Funds not spent during the first allocation, July 1 – September 30, cannot be used during the second allocation, October 1 – June 30.

# Award Process

- Schools are officially allowed to spend funds on the date identified on the electronic award letters.
  - **Initial Recipients: August 4, 2023**
  - **Second Round Recipients: October 1, 2023**
- Return Addendum to the NDE
- Review Grant Requirements document
- Accept Invite to participate in the FFVP in the CNP system





# Running your FFVP

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Establish who will be responsible for:

- Ordering produce
- Preparing produce
- Entering monthly FFVP claim
  - Often this is the same individual that is responsible for entering claims for other NDE Child Nutrition Programs
- Establish a monthly budget

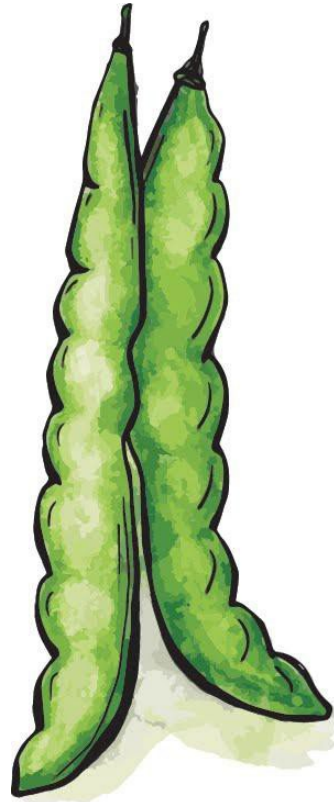
**TIP:** Look to see where your FFVP can support your other school wide events or align with F2S efforts - Halloween party, Red Ribbon Week, Crunch Off, Nebraska Thursdays etc.

**Note - alternate funds need to pay for chocolate chips and food safe markers**



# School Team

- Program Coordinator
- Food Service Manager and staff
- Administration
- School Nurse
- Teachers (health, ag, etc.)
- Custodians
- Parents-PTO
- Student Government



# Community Partners

- Nebraska Extension
- Local grocer
- Public health
- Parents
- Community Colleges
- Ag Education Program
- Non-profits
- Food Banks
- And many more possibilities...



# Program Implementation



- Service plan – 2 times a week minimum
- Nutrition Education
- Widely publicize the program within the school about the availability of free fresh fruits and veggies
- Program Promotion
  - Field days
  - Celebrations/Holidays
  - Nebraska Crunch Off - October 2023
- Partnerships- local producers, Nebraska Extension, local grocers, etc.
- Program Implementation Plan – should include spending forecast and building a budget

# Who Can Participate in the FFVP?

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Students who are:

- **Enrolled** in a participating FFVP school (pre-K to 8<sup>th</sup> grade)

**NOTE:** FFVP cannot be used as a reward or withheld for disciplinary reasons





# What About Teachers?

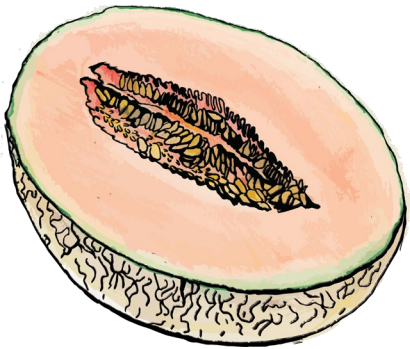
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Classroom staff can partake, with the following considerations:

1. Teachers that partake should model positive eating habits and positively promote the produce and when possible, include nutrition education components
2. No additional funds will be provided for staff
3. Only staff directly responsible for serving the fruit or vegetables in a classroom setting may partake (e.g., teacher and paras)



# Serving Fruits & Vegetables

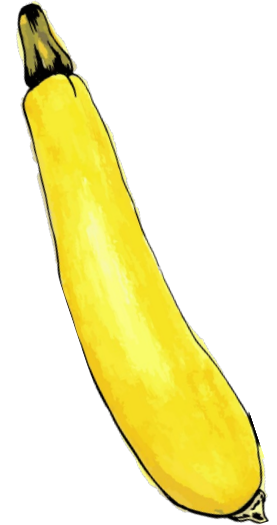


1

FFVP fruits and vegetables may only be served at the school

2

FFVP fruits and vegetables must be offered at times outside of regular meal service (i.e., not during breakfast or lunch)





# Where Can You Serve?

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- In a classroom, or as part of nutrition education
- From carts or stands in the hallway
- At a special kiosk
- From a central location in the school, such as the health office, main office, or cafeteria outside of mealtime.



Credit: Gretna Public Schools

## **Meal Accommodations for Students with Disabilities**

If a child's disability prevents them from consuming fresh fruits and vegetables as prepared, the school must provide accommodations as they would for other school meals. Schools must consider how the requirement may be applied in the operation of the FFVP. For example, in providing accommodations for the FFVP, schools may have to modify texture. In doing so, schools should consider starting with fresh items and avoid pureeing canned or frozen fruits and vegetables, including baby foods. In most instances, fresh fruits can be pureed; we recognize that this is not always the case for vegetables. Fresh vegetables should be used when feasible but may be cooked and then pureed when needed.

The pureeing of fresh produce for students with disabilities must be done within the constraints of their medical requirements as allowed by their physician. However, schools should make sure that both the parent and the child's doctor are aware of the program and its intent to provide fresh produce in order to determine if the fresh items are an acceptable choice for texture modifications.

# **Have Students with Special Diet Needs?**

**FFVP Handbook - page 3**



# Food Safety

Follow USDA Best Practices when handling produce:

- Washing hands before handling produce (staff and students)
- Sanitizing food-contact surfaces & equipment
- Washing produce
- Labeling, dating, & refrigerating
- Following local health requirements



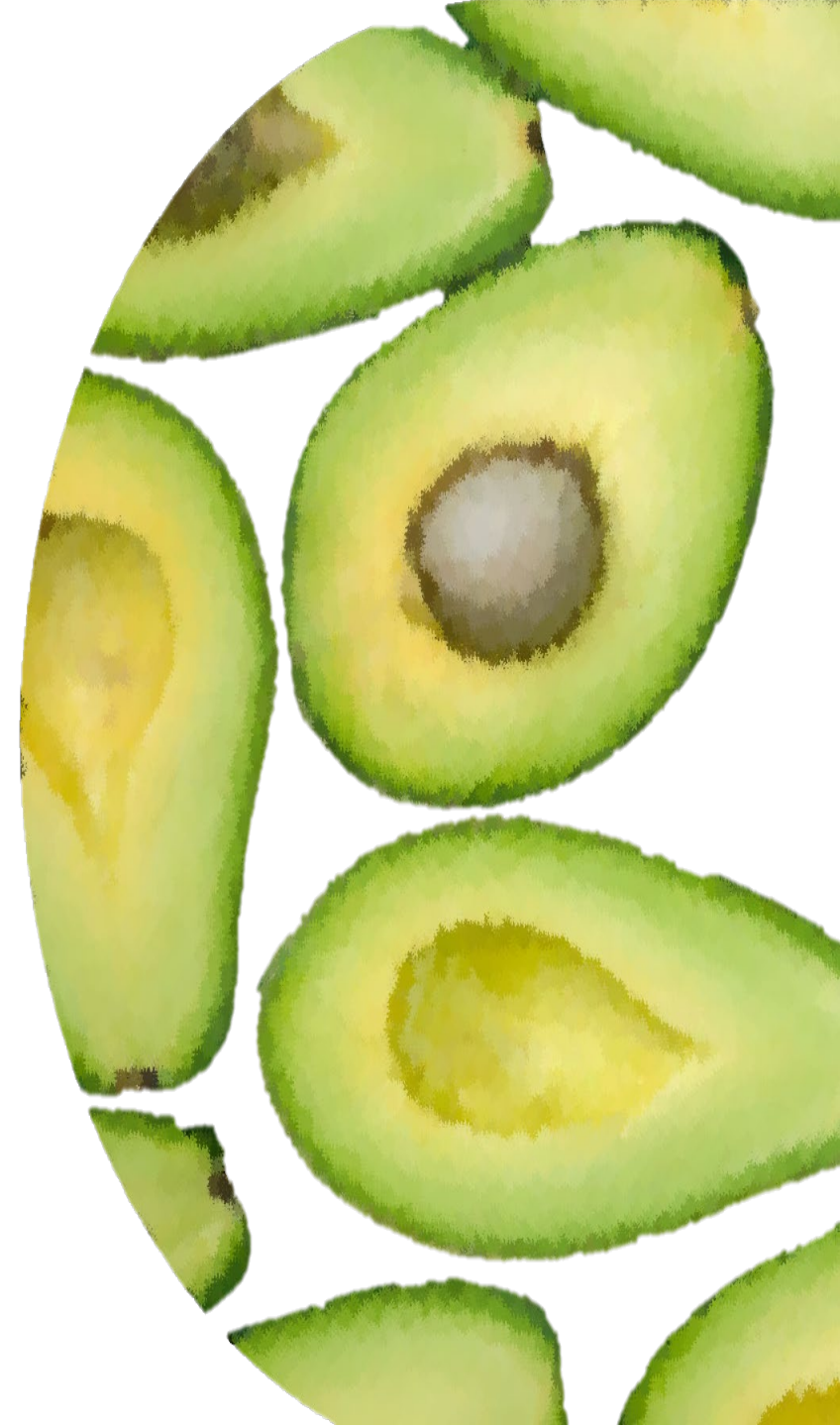
# What FFVP Supplies are Allowable Purchases?

- **Fresh** fruit and vegetables
  - Not canned, frozen, or dried
- Pre-sliced fruits and vegetables
- Pre-sliced and bagged fruits and vegetables
- Paper products needed for snack: napkins, bags, portion cups, etc.

**LOCAL?** ✓



**EXOTIC?** ✓





# Purchasing Fruits and Vegetables in the FFVP

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- The “Buy American Provision”
- Fruits and vegetables purchased with DOD Fresh Fruit and Vegetable Program Entitlement can’t be claimed for FFVP reimbursement (SP 25-2014) – **ERROR in the FFVP handbook**
- SFAs must be able to accurately track produce/supplies purchased for use in FFVP and differentiate these items from produce/supplies purchased for school meals



# Where Do We Purchase Fruits and Vegetables?

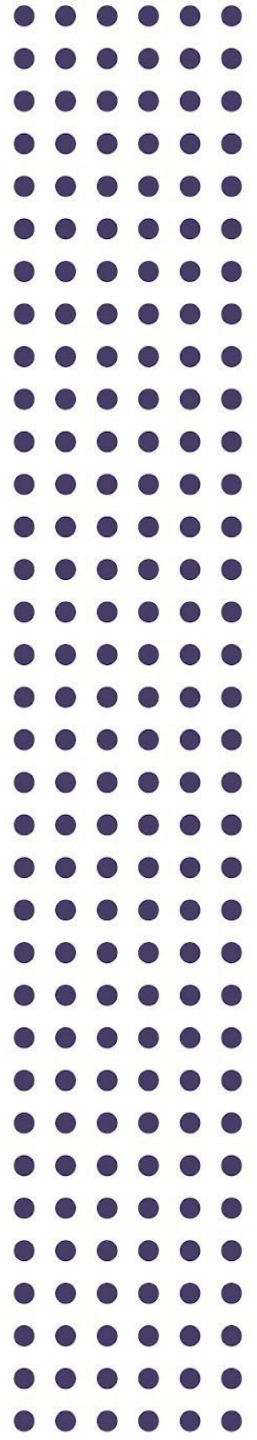
- Existing Food Distributors and/or Wholesalers
- Direct from local producers
- Farmers' Markets
- Local grocers
- School gardens or greenhouses





# Procurement Process for FFVP

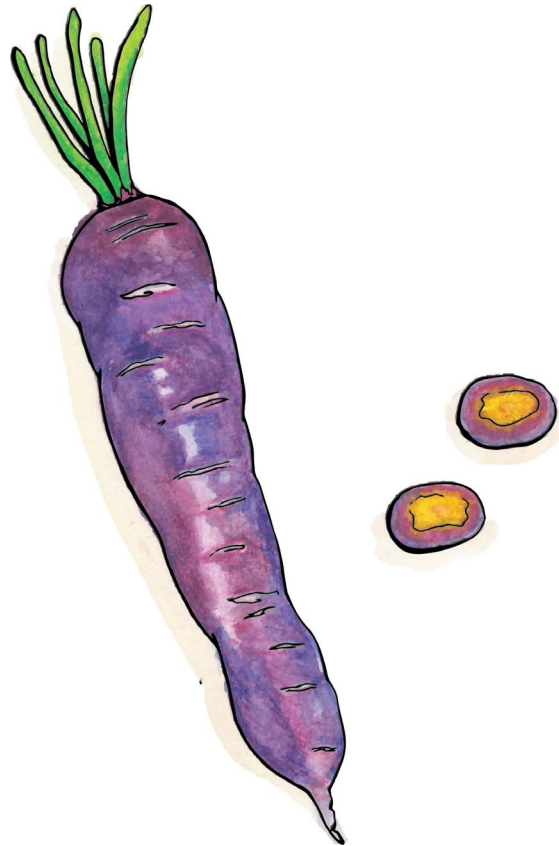
- Follow the normal Child Nutrition procurement process of using micro purchasing when appropriate.
- If you will make ongoing small purchases, work to get 3 bids if you don't plan to purchase from all available suppliers.
- **Document efforts if 3 bids cannot be secured**





# Ideas for Fruits and Vegetables Menus

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This Photo by Unknown Author is licensed under [CC BY-SA](#)

# What is NOT Allowed in the FFVP?

- Canned, frozen, or dried fruits and vegetables
- Processed or preserved fruits and vegetables
- Fruit and vegetable juices
- Flavored or carbonated fruits
- Fruit snacks (leathers or strips)
- Fruit or vegetable pizzas
- Smoothies
- Fruit dips





# What's Allowed in the FFVP Occasionally?

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## Dips for Vegetables (fruit dip is not allowed)

- Low-fat, yogurt-based; or
- Other low-fat, or non-fat dips

## Cooked vegetables

- No more than once per week; and must be part of a related nutrition lesson ([Harvest of the Month \(HOM\) materials can support these efforts](#))
- Corn, Zucchini, or other fall produce items are a great example of options that can be highlighted.



# Serving Guidelines

- Serve 2 or more times per week (reference your FFVP application)
- Purchase and serve favorites while also introducing new items
- Fruits and vegetables should be presented in a form that is appealing and easy to consume
- No specific portion size required (age-appropriate)





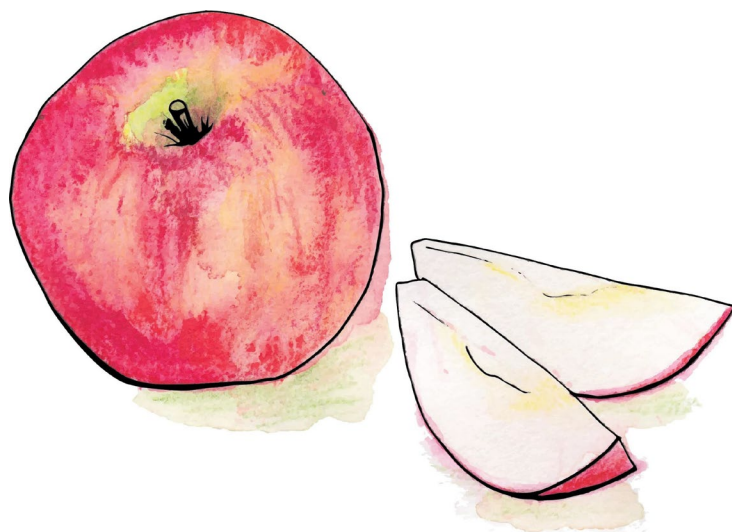
# SEASONALITY CHART

This chart describes in general when Harvest of the Month items are available to purchase from local sources in Nebraska. Some items like leafy greens or asparagus can't be stored long term, but items like apples, cabbage, sweet potatoes and winter squash can be harvested and stored for longer periods of time. Local availability varies across the state and depends on many factors including:

- Amount and type of products grown
- Local weather events
- Season extension practices like greenhouses and high tunnels
- Storage capacity

**Take potatoes as an example:** Potatoes can begin to be harvested around July in Nebraska for small "new potatoes," with continued harvests of fully grown potatoes until the late fall. If the farmer has space and a sales outlet, harvested potatoes can be stored for months. Some farmers grow enough potatoes to sell right away and will not have items in storage, while others may grow enough to store and sell throughout the winter and into spring.

# Seasonality



	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
MELONS							█	█	█			
CABBAGE							█	█	█	█		
APPLES	█	█	█					█	█	█	█	█
CARROTS	█	█	█	█	█				█	█	█	█
TURNIPS						█	█	█	█	█	█	
WINTER SQUASH	●	●					█	█	█	█	█	█
SWEET POTATOES	●	●							█	█	█	█
POTATOES	●	●					█	█	█	█	█	█
DRY BEANS	█	█	█	█	█	█	█	█	█	█	█	█
LEAFY GREENS				█	█	█	█	█	█	█	█	
ASPARAGUS				█	█							

**KEY:** █ Generally available from a local grower.  
● It's possible to find from a local grower.

# Allowable FFVP Expenses: Operating Costs

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- Costs associated with acquiring, delivering, preparing and serving fruits and vegetables.
- Examples of operating costs include:
  - Fruits, vegetables, or low-fat dip for vegetables only
  - Non-food items like napkins, paper plates, gloves, trash bags
  - Delivery/distribution charges or mileage
  - Salaries and fringe benefits for employees who wash and chop produce, prepare trays, distribute produce to classrooms, or clean up.





# Allowable FFVP Expenses: Administrative Costs

- Limited to 10% of the school's total FFVP grant
- Expenses for: Program planning, managing paperwork, and/or obtaining needed equipment
- Examples of allowable administrative costs include:
  - Purchasing or leasing equipment that costs over \$100 such as refrigerators, coolers, portable kiosks, carts and portable food bars
  - Salaries and fringe benefits for employees who compile and maintain claims for reimbursement and other financial reports, plan and write menus, order produce, track inventory, and coordinate promotion activities.
  - [Page 23 of the FFVP Handbook](#)



# Food Service Management Companies (FSMCs)

- Per Appendix C of the RFP
  - *Only FSMC labor and benefits that occur above and beyond the normally contracted work hours may be claimed for FFVP reimbursement.*
  - *Any FFVP off-site administrative expenses are considered part of the fixed meal price and not billed separately.*
  - *The FSMC will bill the SFA using the actual costs of fruits/vegetables as demonstrated on separate invoices provided for just the purchase of fruits, vegetables, and small supplies used in the program; **and***
  - *Food service staff labor and on-site food service administrative labor as recorded on time certification documentation (not included in any other fixed meal fee).*

# Recordkeeping

- Maintain copies of:
  - The school's FFVP application & agreement
  - Purchase & procurement records
  - Invoices & receipts
  - Timesheets
  - Service calendars & production records, if applicable
- Maintain records for at least four years.



# Documentation and Planning for FFVP Costs

- Projecting food, labor, supply and equipment costs for the year
- Develop a budget and modify as needed

USDA Fresh Fruit and Vegetable Program Budget							
School Year _____							
School Name:	FF&VP "Start-Up" Allocation: \$				FF&VP "Second" Allocation: \$		
Month	Fresh Fruit Costs (Operational)	Fresh Veg Costs (Operational)	Small Supply Costs (Operational)	Smallware Costs (Operational)	Labor/Physical (Operational)	Durable Supply Costs (Administrative)	Labor/Planning (Administrative)
July							
August							
September							
Totals	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Second Allocation							
October							
November							
December							
January							
February							
March							
April							
May							
June							
Total	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -	\$ -
Signature of Child Nutrition Administrator _____						Date _____	



# School Nutrition Programs



Applications | **Claims** | Compliance | Reports | Security | Search

Programs | Year | Help | Log Out

## Programs

Grid of program buttons:

- School Nutrition Programs (Blue)
- Accounting (Grey)
- Child and Adult Care Food Program (Green)
- (Orange)
- Maintenance and Configuration (Grey)
- (Purple)
- Summer Food Service Program (Red)
- Security (Grey)
- (Yellow)



# Entering a FFVP Claim

## 2023 - 2024 Fresh Fruit and Vegetable Claim Year Summary

Claim Month	Adj Number	Claim Status	Date Received	Date Processed	Earned Amount
Jul 2023					\$0.00
Aug 2023					\$0.00
Sep 2023					\$0.00
Oct 2023					\$0.00
Nov 2023					\$0.00
Dec 2023					\$0.00
Jan 2024					\$0.00
Feb 2024					\$0.00
Mar 2024					\$0.00
Apr 2024					\$0.00
May 2024					\$0.00
Jun 2024					\$0.00



Click on the red "Add Original Claim" button.

Claim Month: August 2023

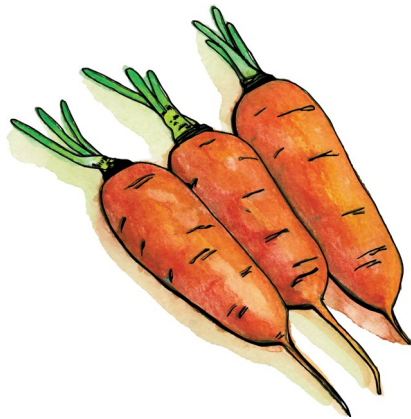
Action	Adj Number	Date Received	Date Accepted	Date Processed	Earned Amount	Status
There are no claims for this month.						
Total Earned					\$ 0.00	

# Entering FFVP Monthly Claim Information

Select "Add" next to the site for which you want to submit a claim. Like regular SNP claiming, each site will have its own FFVP monthly claim.

Month/Year Claimed	Adjustment Number	Date Received	Date Accepted	Date Processed	Reason Code
August 2023	0				

Actions	Site ID	Site Name	Errors	Status
Add	0001	Public School		



Complete the claim information:

1. Enter the number of Days of Operation for Fresh Fruit and Vegetable Program for the month (highlighted in yellow). **This is the total number of days you provided FFVP items to enrolled students throughout the month.** This is **not** the number of days you served school meals.
2. Click on Fresh Fruit and Vegetable Costs.

Month/Year Claimed	Adjustment Number	Date Received	Date Accepted	Date Processed	Reason Code
August 2023	0				

**Claim Information**

1. Number of Days of Operation for Fresh Fruit and Vegetable Program in this Report Month. 0

Claim Expenditures	Reviewed	Requested Expenditures	Approved Expenditures	%
2. Fresh Fruit and Vegetable Costs	no items	\$0.00	\$0.00	0.00
3. Operational Costs	no items	\$0.00	\$0.00	0.00
4. Administrative Costs	no items	\$0.00	\$0.00	0.00
<b>Claim Totals</b>		<b>\$0.00</b>	<b>\$0.00</b>	

# FFVP Claim: Fresh Fruit and Vegetable Costs



## Fresh Fruit and Fresh Vegetables

	Product Description	Invoice Date	Size/Weight of Shipping Unit	Number of Units	Cost per Unit	Total Unit Cost
1.	Banana	08/09/2023	150 ct	1.00	22.91	22.91
2.	Red Delicious Apple	08/14/2023	175 ct	1.00	24.19	24.19
3.	Cantaloupe Chunks	08/14/2023	5 lbs	5.00	25.21	126.05
4.	Celery	08/18/2023	6 ct	5.00	11.40	57.00
5.	Watermelon Chunks	08/18/2023	5 lb	5.00	21.11	105.55
6.	Fresh Oranges	08/18/2023	88 ct	1.00	39.58	39.58
7.	Grape Tomatoes	08/24/2023	12 (1 pt)	2.00	29.66	59.32
8.	Strawberries	08/24/2023	8 (16 oz)	3.00	34.46	103.38
9.	Green Grapes	08/29/2023	1 ctn	1.00	26.20	26.20
10.	Red Grapes	08/29/2023	1 ctn	1.00	26.81	26.81

**Total Cost \$ 590.99**

Costs

**\$ 590.99**

QTY	PACK	SIZE	ITEM DESCRIPTION	ITEM CODE	UNIT PRICE	UNIT TAX AMOUNT	EXTENDED PRICE
			*** PRODUCE ***				
6	CS	125 CT	PACKER STARFRUIT FRESH	0993788	43.96		263.76
8	CS	15#	PACKER JICAMA ROOT STICK FRESH	1747658	80.60		644.80
3	CS	14 LB	IMPFRSH GRAPE RED SDLS FRESH 2463164	2463164	13.56		40.68
4	CS	130 CT	PACKER KIWI FRUIT GOLDEN FRSH	4205993	32.15		128.60
5	CS	112 CT	IMPFRSH CUCUMBER ENGLISH MED SEEDLESS	7134591	16.04		80.20

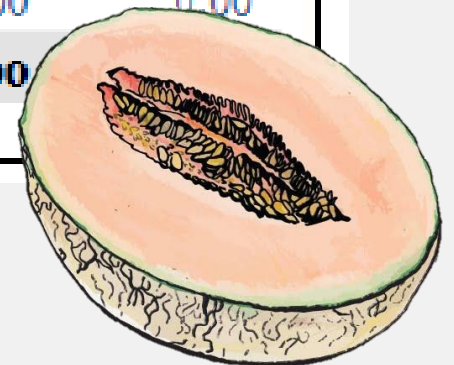
# Enter Operational Costs

Month/Year Claimed	Adjustment Number	Date Received	Date Accepted	Date Processed	Reason Code
August 2023	0	09/05/2023			

**Claim Information**

1. Number of Days of Operation for Fresh Fruit and Vegetable Program in this Report Month.

Claim Expenditures	Reviewed	Requested Expenditures	Approved Expenditures	%
2. Fresh Fruit and Vegetable Costs		\$590.99	\$0.00	0.00
3. <b>Operational Costs</b>	no items	\$0.00	\$0.00	0.00
4. Administrative Costs	no items	\$0.00	\$0.00	0.00
<b>Claim Totals</b>		\$590.99	\$0.00	





# FFVP Claim: Operational Costs



Month/Year Claimed	Adjustment Number	Date Received	Date Accepted	Date Processed	Reason Code
August 2023	0	09/05/2023			
<b>Personnel Costs - Preparation and Service</b> (Labor directly related to the preparation and serving of fresh fruit and vegetables)					
Name\Position	# of Hours	Rate per Hour	Labor Cost	Item Status	
1. Jane Doe	13.00	16.00	208.00		
<a href="#">More Lines</a>			<b>Total Cost</b>	<b>\$ 208.00</b>	<b>\$ 0.00</b>
<b>Small Supplies/Other Operational Costs</b> (Small supplies - e.g. napkins, paper plates, utensils, bowls, pans and the like. Other - are such items as Low or no-fat dips, etc.)					
Product Description	Invoice Date	Number of Units	Cost per Unit	Total Unit Cost	Item Status
1. 2 oz Lite Ranch Cups	08/18/2023	2.00	12.00	24.00	
2. 6.5 x 7 In HI-DEN Bags	08/09/2023	2.00	10.75	21.50	
3. 4 oz Plastic Cups	08/09/2023	1.00	58.61	58.61	
4. 4 oz Plastic Lids	08/09/2023	1.00	35.89	35.89	
5. Delivery	08/09/2023	1.00	10.00	10.00	
6.					
7.					
8.					
9.					
10.					
<a href="#">More Lines</a>			<b>Total Cost</b>	<b>\$ 150.00</b>	<b>\$ 0.00</b>
<b>Operational Costs</b>				<b>\$ 358.00</b>	<b>\$ 0.00</b>

# Enter Administrative Costs

Month/Year Claimed	Adjustment Number	Date Received	Date Accepted	Date Processed	Reason Code
August 2023	0	09/05/2023			
<b>Claim Information</b>					
1. Number of Days of Operation for Fresh Fruit and Vegetable Program in this Report Month.					<input type="text" value="5"/>
Claim Expenditures	Reviewed	Requested Expenditures	Approved Expenditures	%	
2. Fresh Fruit and Vegetable Costs		\$590.99	\$0.00	0.00	
3. Operational Costs		\$358.00	\$0.00	0.00	
4. <b>Administrative Costs</b>	<i>no items</i>	\$0.00	\$0.00	0.00	
<b>Claim Totals</b>		\$948.99	\$0.00		



# FFVP Claim: Administrative Costs

Month/Year Claimed	Adjustment Number	Date Received	Date Accepted	Date Processed	Reason Code
August 2023	0	09/05/2023			

## Personnel Costs

(Labor includes but not limited to planning, ordering, writing menus, reporting, billing, tracking, inventory, etc.)

Name\Position	# of Hours	Rate per Hour	Labor Cost	Item Status
1. John Smith	1.5	18.10	27.15	
<a href="#">More Lines</a>			<b>Total Cost</b>	<b>\$ 27.15</b>
				<b>\$ 0.00</b>

## Durable Supplies

(Equipment purchases and leasing)

Product Description	Invoice Date	Number of Units	Cost per Unit	Total Unit Cost	Item Status
1. Sunkist Sectionizer	08/18/2023	1	277.00	277.00	
2.					
3.					
4.					
5.					
6.					
7.					
8.					
9.					
10.					
<a href="#">More Lines</a>			<b>Total Cost</b>	<b>\$ 277.00</b>	
					<b>\$ 0.00</b>

<b>Administrative Costs</b>				<b>\$ 304.15</b>	<b>\$ 0.00</b>
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# Administrative Equipment Purchases

Month/Year Claimed	Adjustment Number	Date Received	Date Accepted	Date Processed	Reason Code
August 2023	0	09/05/2023			

## Claim Information

1. Number of Days of Operation for Fresh Fruit and Vegetable Program in this Report Month.

Claim Expenditures	Reviewed	Requested Expenditures	Approved Expenditures	%
2. Fresh Fruit and Vegetable Costs		\$590.99	\$0.00	0.00
3. Operational Costs		\$358.00	\$0.00	0.00
4. Administrative Costs		\$304.15	\$0.00	0.00
<b>Claim Totals</b>		<b>\$1,253.14</b>	<b>\$0.00</b>	

Equipment that is \$100 or more requires documentation as to why the equipment purchase is warranted and how it will benefit FFVP operations.

## Claim Comments

5. Sponsor Comments

Month/Year Claimed	Adjustment Number	Date Received	Date Accepted	Date Processed	Reason Code
August 2023	0	09/05/2023			

## Sponsor Comment

The sectionizer will help staff prepare the fruits and vegetables more efficiently. We currently do not have a sectionizer at our site and this item will be used each time fruits and vegetables are served.

Month/Year Claimed	Adjustment Number	Date Received	Date Accepted	Date Processed	Reason Code
August 2023	0	09/05/2023			

### Claim Information

1. Number of Days of Operation for Fresh Fruit and Vegetable Program in this Report Month.

Claim Expenditures	Reviewed	Requested Expenditures	Approved Expenditures	%
2. Fresh Fruit and Vegetable Costs		\$590.99	\$0.00	0.00
3. Operational Costs		\$358.00	\$0.00	0.00
4. Administrative Costs		\$304.15	\$0.00	0.00
<b>Claim Totals</b>		<b>\$1,253.14</b>	<b>\$0.00</b>	

### Claim Comments

5. Sponsor Comments

### Misc Information

6. What nutrition education activities were offered this month?

Teachers utilized activities from the 10 minute lessons that we purchased at the beginning of the school year. We also put lessons on the teachers' shared drive on MyPlate and the importance of fruits and vegetables. Handouts were provided to students on eating a RAINBOW of colors.

7. How did you promote the FFVP in your school this month?

We announced the fruit or vegetable being offered on FFVP days during morning announcements. We informed parents of FFVP through the community email blasts. We also hung pictures of fruits and vegetables that students colored throughout the school.

# Nutrition Education & FFVP Promotion

# Claim Submission

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Month/Year Claimed	Adjustment Number	Date Received	Date Accepted	Date Processed	Reason Code
August 2023	0	09/05/2023			

Actions	Site ID	Site Name	Errors	Status
<a href="#">View</a>   <a href="#">Modify</a>	0001	Elementary		Validated

[Print All Claims](#)      [< Back](#)      [Submit For Payment](#)      [Approve](#)



# Claim – Month &

# Claim – Year Summary

**School Nutrition Programs**

**NEBRASKA**  
DEPARTMENT OF EDUCATION

Applications | Claims | Compliance | Reports | Security | Search | Programs | Year | Help | Log Out

Claims > Claim Year at a Glance - FFVP > Claim Month Details - FFVP > School Year 2023-2024

### 2023-2024 Fresh Fruit and Vegetable Claim Month Details

**Claim Month: August 2023**

Action	Adj Number	Date Received	Date Accepted	Date Processed	Earned Amount	Status
View   Modify   Summary	0	09/05/2023			\$ 0.00	Pending Approval
<b>Total Earned</b>					<b>\$ 0.00</b>	

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**Grant Period Details**

Site ID	Site Name	Grant Period	Grant Allocated	FFV & Oper Spent	Admin Spent	Remaining Balance
0001	Elementary	Jul 2023-Sep 2023	\$425.60	\$0.00	\$0.00	\$425.60
0002	Secondary	Jul 2023-Sep 2023	\$190.40	\$0.00	\$0.00	\$190.40
<b>Totals</b>			<b>\$ 616.00</b>	<b>\$ 0.00</b>	<b>\$ 0.00</b>	<b>\$ 616.00</b>

Site #1, Allocation 1 & Allocation 2

Site #2, Allocation 1 & Allocation 2

2023 - 2024 Fresh Fruit and Vegetable Claim Year Summary

Claim Month	Adj Number	Claim Status	Date Received	Date Processed	Earned Amount
Jul 2023					\$0.00
Aug 2023	0	Pending Approval	09/05/2023		\$0.00
Sep 2023					\$0.00
Oct 2023					\$0.00
Nov 2023					\$0.00
Dec 2023					\$0.00
Jan 2024					\$0.00
Feb 2024					\$0.00
Mar 2024					\$0.00
Apr 2024					\$0.00
May 2024					\$0.00
Jun 2024					\$0.00
<b>Year to Date Totals</b>					<b>\$0.00</b>

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Grant Details School Year 2023 - 2024

Site ID	Site Name	Grant Period	Grant Allocated	Oper Spent	Admin Spent	Remaining Balance
0001	Elementary	Jul 2023-Sep 2023	\$425.60	\$0.00	\$0.00	\$425.60
0001	Elementary	Oct 2023-Jun 2024	\$3,830.40	\$0.00	\$0.00	\$3,830.40
0002	Secondary	Jul 2023-Sep 2023	\$190.40	\$0.00	\$0.00	\$190.40
0002	Secondary	Oct 2023-Jun 2024	\$1,713.60	\$0.00	\$0.00	\$1,713.60
<b>Totals</b>			<b>\$ 6,160.00</b>	<b>\$ 0.00</b>	<b>\$ 0.00</b>	<b>\$ 6,160.00</b>

# School Nutrition Programs



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Claim Month: August 2023

Action	Adj Number	Date Received	Date Accepted	Date Processed	Earned Amount	Status
<a href="#">View</a>   <a href="#">Modify</a>   <a href="#">Summary</a>	0	09/05/2023			\$ 0.00	Pending Approval

**Total Earned \$ 0.00**

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### Grant Period Details

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0002	Secondary	Jul 2023-Sep 2023	\$190.40	\$0.00	\$0.00	\$190.40
<b>Totals</b>			<b>\$ 616.00</b>	<b>\$ 0.00</b>	<b>\$ 0.00</b>	<b>\$ 616.00</b>

# Budgeting for the FFVP

# Nutrition Education

FFVP Nutrition Education can support your USDA Wellness Policy goals

- Nutrition education activities should be age-appropriate
- Free resources & materials are available from the USDA's Team Nutrition website and other federal agencies
- Monthly newsletters
- Student posters
- Nebraska Harvest of the Month: [Harvest of the Month – Nebraska Department of Education](#)
- [FFVP Jamboard](#)



*Harvest of the Month*  
NEBRASKA





# FFVP Nutrition Education Kits



Team Nutrition Poster Sets

# Nutrition Promotion

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Utilize the fresh fruit and vegetable program for nutrition promotion to align with other school day events such as:

- School Assembly
- Red Ribbon Week – red fruits and vegetables
- Holidays or events/programs
- Class celebrations
- School wide events
- Farm to School Week
- USDA Crunch Off competition





# Suggested Uses for FFVP Promotional Materials



- Hang the FFVP signage prominently in your school building so parents and teachers become aware of the program.
- The cutting board and apple slicer can be used in the classroom for demonstrations, pending health and safety precautions.
- Prepare fresh fruits and vegetables with students prior to serving the FFVP snack.
- Fun stickers and bookmarks are great rewards for students that try a new fruit or vegetable snack.
- Promote the program with bulletin boards and informative newsletters that go home to families.
- Share a fun fact or joke about a fruit or vegetable during morning announcements.
- Promote the program on social media with pictures of students enjoying their fruit or vegetable.





OCTOBER 2023

# NEBRASKA CRUNCH OFF

DATE OF YOUR  
CHOICE  
DURING THE  
MONTH OF  
OCTOBER

October is Farm to School Month. Join thousands of Nebraskans as we compete against other states in our region to Crunch Off! Take a bite into local, CRUNCHY fruits or vegetables.

Register your team today so your Crunch is counted!



[www.education.ne.gov/ns/farm-to-school/mountain-plains-crunch](https://www.education.ne.gov/ns/farm-to-school/mountain-plains-crunch)



# Mountain Plains Crunch Off Event!

Register for Crunch Off at:

[https://ksde.sjc1.qualtrics.com/jfe/form/SV\\_3Cw1w1Uz2WwKL0W](https://ksde.sjc1.qualtrics.com/jfe/form/SV_3Cw1w1Uz2WwKL0W)

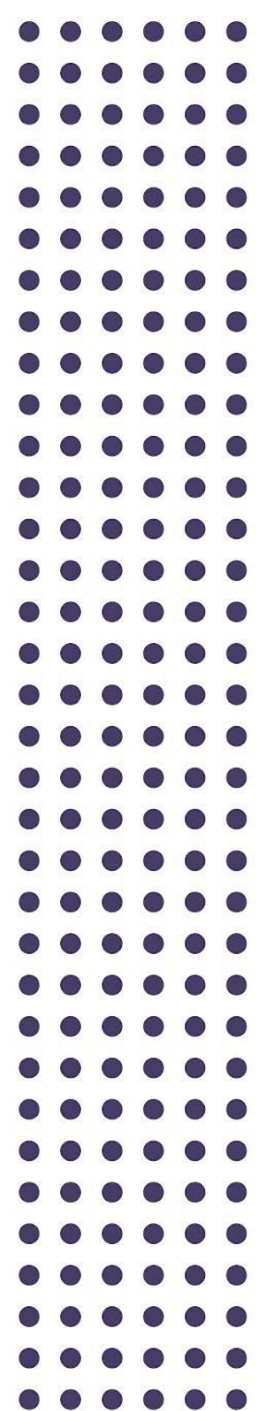
or

by scanning this QR code:



Nebraska Crunch Off website:

<https://www.education.ne.gov/ns/farm-to-school/mountain-plains-crunch/>




# FFVP Program Promotion

Can help you meet family engagement goals!

- Newsletters home to families
- PA announcements
- Social Media
- Bulletin Boards
- Monthly menus
- Hold a special event
- FFVP table at Open House
- Promote to staff at district meetings/teacher in-service meetings

Harvest of the Month NEBRASKA

## DRY BEANS



Nebraska Harvest of the Month celebrates dry beans this month! Pinto, Black and Great Northern beans are just a few versatile varieties grown in our state. School Nutrition Staff at your local school will be preparing recipes featuring locally grown beans.

**SELECTION, STORAGE & COOKING:**

- Shell/dried beans are allowed to mature and then harvested from the vine or bush. Dried beans come in many colors, shapes and sizes and can be stored for months in a cool dry location.
- Dried beans are soaked to absorb water and will become double to triple their size; cook to make them edible and digestible.

**NUTRITION TIPS**

Dry beans can be eaten raw, sprouted or cooked, ground into flour, curdled into tofu, fermented into soy sauce, tempeh and miso. They are excellent in chili, soup and salad.

**SEASONAL AVAILABILITY**

JAN	FEB	MAR	APR	MAY	JUN
JUL	AUG	SEPT	OCT	NOV	DEC

### HUMMUS



**Ingredients:**

- ½ cup olive oil
- ⅓ cup garlic cloves, chopped
- 1 cup dry Great Northern beans, prepared and cooked or two 15.8-oz. cans, drained and rinsed
- ¼ cup fresh lemon juice
- 1 tsp. Ground cumin
- 2 Tbsp. chopped fresh parsley
- ½ Tbsp. salt and pinch of pepper

**Directions:**

1. In a small saucepan, combine olive oil and garlic over medium-low heat and lightly brown garlic. Cool, strain and reserve the oil and garlic separately.
2. In a blender, blend beans, garlic, lemon juice, cumin and parsley until smooth. Carefully pour in oil with blender running until light and smooth.
3. Salt and pepper to taste. Serve with raw veggies or pita chips, or add to a sandwich! Enjoy!

<https://www.thespruceeats.com/white-bean-hummus-dip-3377730>



LEARN MORE ABOUT HARVEST OF THE MONTH





# Resources

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- The USDA's FFVP Handbook: <https://fns-prod.azureedge.us/sites/default/files/resource-files/handbook.pdf>
- NDE's FFVP site: [www.education.ne.gov/ns/nsfp/fresh-fruit-and-vegetable-program/](http://www.education.ne.gov/ns/nsfp/fresh-fruit-and-vegetable-program/)
- USDA Team Nutrition: <https://www.fns.usda.gov/team-nutrition>
- NDE's Farm to School Resources <https://www.education.ne.gov/ns/farm-to-school/>







# Questions?

## Contact Information:

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**[Taylor.Schorsch@nebraska.gov](mailto:Taylor.Schorsch@nebraska.gov)**  
**402-405-2629**

**FRESH**  
  
**FRUIT &  
VEGETABLE**  
  
**PROGRAM**

# PROUD TO TRY A BITE



**NS**  
NUTRITION  
SERVICES

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(1) Mail: U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410;

(2) Fax: (202) 690-7442; or

(3) Email: [program.intake@usda.gov](mailto:program.intake@usda.gov).

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