

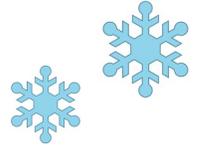


# Fresh Fruit And Vegetable Program

## What is FFVP?

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program providing free fresh fruits and vegetables to students in participating elementary schools during the school day.

The goal of the FFVP is to improve children's overall diet and create healthier eating habits to impact their present and future health. The FFVP will help schools create healthier school environments by providing healthier food choices; expanding the variety of fruits and vegetables children experience; and increasing children's fruit and vegetable consumption.



## Choose MyPlate

The My Plate Food Guide identifies daily meal proportions for the fruit, vegetable, grains, protein, and dairy food groups; and is an easy to understand illustration de-



Independence School District Nutrition Services

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For More Information on FFVP:

[WWW.USDA.GOV/FFVP](http://WWW.USDA.GOV/FFVP)

## Making Fruits & Vegetables Fun

FFVP's will be eaten in the classroom, along with fun and educational activities led by school staff. Children will be encouraged to try the fruit and vegetable of the day, but they may choose to not participate if they do not like or cannot eat the fruit or vegetable offered. Please encourage your child to participate in the FFVP, as this will show your support of healthy food choices and willingness for your child to try new foods. If you have any questions about this program, please contact the Nutrition Services Department.

## Fabulous Fruit Salad

### Ingredients:

- 1/2 cup pineapple chunks
- 1/2 cup mandarin oranges
- 1 red or green apple, cored & chopped
- 1/2 cup dried cranberries
- 1/2 cup grapes, cut in halves
- 1 tsp lemon juice
- 4 oz plain Greek yogurt



### Directions:

1. Add apple to bowl and toss in lemon juice
2. Add pineapple, mandarin oranges, and grapes, dried cranberries- then toss
3. Fold in Greek yogurt
4. Refrigerate for 4 hours prior to serving. Enjoy!



### Participating Elementary Schools

- ◇ Benton
- ◇ Bryant
- ◇ Fairmount
- ◇ Korte
- ◇ Mallinson
- ◇ Mill Creek
- ◇ Ott
- ◇ Procter
- ◇ Randall
- ◇ Santa Fe
- ◇ Sugar Creek
- ◇ Three Trails





# DECEMBER FFVP



<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>			
3	<p><b>Mixed Fruit:</b></p> <ul style="list-style-type: none"> <li>*Fruit provides lots nutrients for the body</li> <li>*Pomology is the study of fruit</li> <li>*Add seasonal fresh fruits to your plate for added varieties</li> </ul>	4	5	6	<p><b>Jicama:</b></p> <ul style="list-style-type: none"> <li>*Also known as the Mexican yam or Chinese turnip</li> <li>*Source of Vitamin C, fiber, and antioxidants</li> <li>*Can be easily added in salads, stir-fry, or soups, and slaw</li> </ul>	7	
10	<p><b>Banana:</b></p> <ul style="list-style-type: none"> <li>* The scientific name for banana is musa sapientum which means “fruit of wise men”</li> <li>*Bananas float in water</li> <li>*American eats about 27 pounds each year</li> </ul>	11	12		13	<p><b>Carrots:</b></p> <ul style="list-style-type: none"> <li>*Great for your vision, bones, teeth, and skin</li> <li>*Carrots are a root vegetable</li> <li>*80% of all carrots sold are baby carrots</li> </ul>	14
17	<p><b>Pineapple:</b></p> <ul style="list-style-type: none"> <li>*You can speed the ripening of a pineapple by standing it upside down</li> <li>*Good for fighting colds &amp; coughs</li> <li>*Fibers in pineapples are used to make rope and cloth called pino</li> </ul>	18	19	20	<p><b>Cucumber:</b></p> <ul style="list-style-type: none"> <li>*Originated in India over 3000 years ago</li> <li>*Great source of B Vitamins, Zinc, &amp; Iron</li> <li>*Most of the flavor comes from the seeds</li> </ul>	21	
24			25	26			28
31							