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 designed to help Americans build a healthy plate at meal times.

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.

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.

Apple Cinnamon Chips
Ingredients:
- 4 apples
- 1/2 tsp cinnamon
- Small heart shape cookie cutter

Directions: may require adult supervision
1. Preheat oven to 225°F. Line baking sheet with parchment paper.
2. Cut out apple core and thinly slice apple.
3. Cut out center of each apple slice with mini heart cookie cutter. Arrange apple slices in a thin layer on baking sheet with room in between slices.
4. Sprinkle cinnamon lightly over apple slices.
5. Bake until apples are dried and edges are slightly curled, 45 minutes to 1 hour. Flip once halfway through baking time.
6. Cool completely and store in an airtight container. Use within a week. Enjoy!
<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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</table>
|        | ![Fruit & Vegetable Program Logo] | Honeydew:  
- Cavaillon, a town in Provence France, considers itself the world capital of melons  
- Store honeydew at room temperature  
- Source of Potassium and B vitamins | Snow Peas:  
- In France snow peas are called “mange tout” which means “eat it all” in French  
- Good source of vitamin A and C  
- Often used in salads in stir fry |        |
|        |         | Orange Wedges:  
- Americans consume 2.7 gallons of orange juice a year  
- Most oranges are harvested by hand  
- Flowers on orange tree are white & fragrant | Cauliflower:  
- Great source of vitamin K, B6, and C  
- An annual plant that reproduces by seed  
- Orange & purple cauliflower are higher in antioxidants then white cauliflower |        |
|        |         | Red grapes:  
- A cluster can contain up to 75 grapes  
- Ruby Roman grapes are the most expensive grapes approximately $315 per berry  
- Great source of antioxidants | Cucumbers:  
- Great source of Phosphorus, Iron, & Zinc  
- Can actually cure bad breath  
- 1/2 cup sliced cucumbers only contains around 8 calories |        |
|        |         | Mixed Fruit:  
- Kiwi used to be called “melonettes”  
- Durian fruit is known as the world’s smelliest fruit  
- Iceland has Europe’s largest banana plantation | Jicama:  
- Super crunchy, sweet, & hydrating  
- Root vegetable similar to turnip  
- Can weigh up to 50 lbs and grows on a vine |        |