



**Participating  
Elementary Schools**

- ◇ **Benton**
- ◇ **Bryant**
- ◇ **Fairmount**
- ◇ **Glendale**
- ◇ **Korte**
- ◇ **Luff**
- ◇ **Mallinson**
- ◇ **Mill Creek**
- ◇ **Ott**
- ◇ **Procter**
- ◇ **Randall**
- ◇ **Santa Fe**
- ◇ **Spring Branch**
- ◇ **Sugar Creek**
- ◇ **Sycamore**
- ◇ **William Southern**
- ◇ **Three Trails**

**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.



For More Information on FFVP:

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

**Independence School District Nutrition Services**

1400 West Geo Space Drive

Independence, MO 64056 (816) 521-5371



# Fresh Fruit And Vegetable Program

***What is FFVP?***

The Fresh Fruit and Vegetable Pro-gram (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.

## VEGGIE OCTOPUS

**Ingredients:**

One Bell Pepper, color choice is yours

Jar of hummus dip or vegetable dip

Additional vegetables to serve , such as carrots, broccoli, cucumbers, jicama, and other bell peppers



**Directions:**

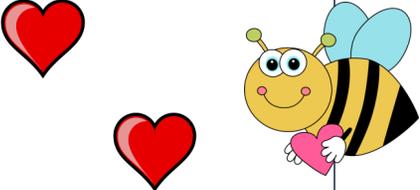
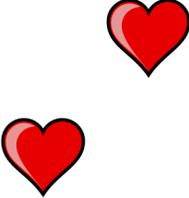
For the Octopus’s body , remove the pepper’s stem end and scoop out the white ribs and seeds. For the arms, slice a second pepper into strips (parental help may be needed)

Place some dip or hummus in a shallow bowl, and arrange the octopus as shown. Use a bit of dip and sliced black olives to give the creature eyes.

Serve with extra veggies



# FEBRUARY FFVP

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	
		1	2	<u>HONEYDEW:</u> 3 <ul style="list-style-type: none"> <li>The sweetest known variety of melon</li> <li>Source of Vitamin B &amp; c, niacin, thiamine</li> <li>Cleopatra was known to love honey dew</li> </ul>	
6	<u>GRAPEFRUIT:</u> 7 <ul style="list-style-type: none"> <li>February is national Grapefruit Month</li> <li>Grapefruits are hand picked, even today</li> <li>Source of Vitamin A and C, fiber &amp; biotin</li> </ul>		8	9	<u>SWEET POTATO:</u> 10 <ul style="list-style-type: none"> <li>Great source of beta-carotene</li> <li>Sweet potato and yams are not the same</li> <li>February 22 is National "Eat a Sweet Potato Day"</li> </ul>
13	<u>MANGO:</u> 14 <ul style="list-style-type: none"> <li>Most popular fruit in the world</li> <li>Grown in India over 5,000 years ago</li> <li>Sold on a stick with the skin peeled by street vendors in Latin America</li> </ul> 	15	16	<u>ZUCCHINI:</u> 17 <ul style="list-style-type: none"> <li>Derived from the Italian word "zucca" meaning squash</li> <li>Most flavorful zucchinis are small-to-medium size</li> <li>The flower of a zucchini is edible</li> </ul> 	
20	21	22	23	24	<u>RADISH:</u> 24 <ul style="list-style-type: none"> <li>Edible Root Vegetable, usually eaten raw</li> <li>Radishes are easy to grow, great for kid gardens</li> <li>Most common use of radishes is in a salad</li> </ul>
	27	<u>APPLE SLICES:</u> 28 <ul style="list-style-type: none"> <li>Great source of fiber</li> <li>Apples are grown in all 50 states</li> <li>Pomology is the science of apple-growing</li> <li>Apple trees can live for more than 100 years</li> </ul>	 		