



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

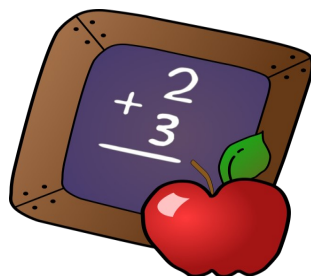


Independence School District Nutrition Services

14001 E 32nd Street South

Independence, MO 64055

(816) 521-5371



For More Information on FFVP:

WWW.USDA.GOV/FFVP

Participating Elementary Schools

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

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.

Simple Cantaloupe Smoothie

Ingredients:




- 1 /2 cup sliced cantaloupe
- 1 cup vanilla yogurt
- 1/2 cup orange juice
- 4 ice cubes, crushed

Directions: with adult supervision

- Blend yogurt, orange juice, cantaloupe, and ice cubes in a blender until smooth, about 30 seconds.
- Enjoy!



SEPTEMBER FFVP

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
			5	6 <u>PLUMS:</u> <ul style="list-style-type: none"> A plum tree was significant in Chinese mythology. It was often carved on jade and was associated with wisdom. Prunes are dried plums Honey bees are main pollinator of plum flowers
9 	10 <u>PEACHES:</u> <ul style="list-style-type: none"> August is National Peach Month Good source of Vitamin A, B, and C World's Largest Peach Cobbler is made every year in Georgia. It measures 11 feet by 5 feet! 	11	12	13 <u>GRAPE TOMATOES:</u> <ul style="list-style-type: none"> Great source of Vitamin C, potassium, and antioxidants Grape tomatoes are labor-intensive crop to grow. Because of their size, it takes more time to pick them. Tomato is the state fruit in Ohio
16	17 <u>STRAWBERRY</u> <ul style="list-style-type: none"> The U.S. produces more strawberries than anywhere else in the world Don't rinse strawberries under water until you're ready to eat them-it speeds up spoiling A museum in Belgium is dedicated to strawberries 	18	19	20 <u>BROCCOLI:</u> <ul style="list-style-type: none"> Great source of vitamin K & A Part of the cruciferous vegetables which also includes cauliflower, kale, and cabbage Overcooked broccoli becomes soft and mushy, an indication that it has lost both nutrients & flavor
23	24 <u>CANTALOUPE:</u> <ul style="list-style-type: none"> Great source of vitamin C & A Cantaloupe was first mentioned in English literature in 1739 Normally eaten as a fresh fruit, as a salad, or as a dessert with yogurt or ice cream 	25	26 	27