



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.



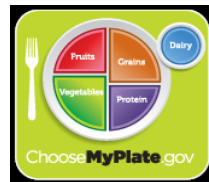
The goal of the FFVP is to improve children's overall diet and create healthier eating habits to impact their present and future health. The FFVP will help schools create healthier school environments by providing healthier food choices; expanding the variety of fruits and vegetables children experience;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

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



Independence School District Nutrition Services

1400 West Geo Space Drive

Independence, MO 64056 (816) 521-5371

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.

Celery Caterpillars & Snails

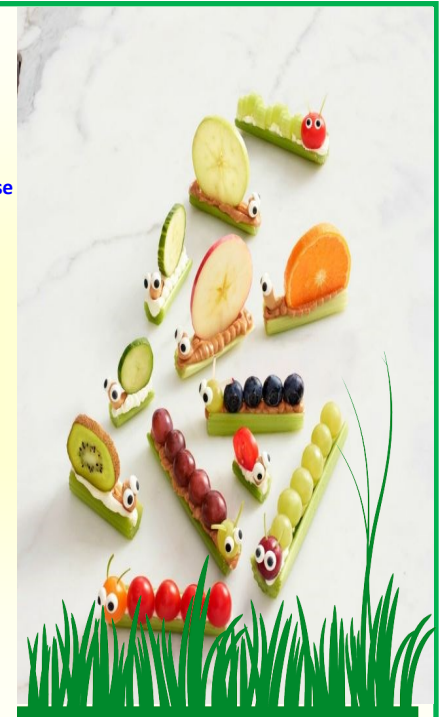
SNAILS:

- Celery stalks
- Sliced apple
- Sliced orange
- Sliced kiwi
- Sliced cucumber
- Sliced tomato
- Peanut butter or cream cheese

CATERPILLARS:

- Celery stalks
- Peanut butter or cream cheese
- Celery or radish matchsticks
- Grapes
- Blueberries
- Grape tomatoes
- Candy eyes

1. **Make the Snails:** Fill celery stalk with peanut butter or cream cheese and top with an apple, orange, kiwi, cucumber, or tomato slice shell and a cashew head. Use peanut butter or cream cheese to glue on candy eyes.
2. **Make the Caterpillars:** Fill celery stalks with peanut butter or cream cheese and top with grapes, blueberries or grape tomatoes for the head. Use peanut butter or cream cheese to glue on candy eyes and celery or radish matchsticks for antennae.





MAY FFVP



<u>MONDAY</u>		<u>TUESDAY</u>		<u>WEDNESDAY</u>		<u>THURSDAY</u>		<u>FRIDAY</u>	
	1	<u>ZUCCHINI:</u>	2		3		4	<u>APPLE SLICES:</u>	5
		<ul style="list-style-type: none"> Named from the word "zucca" meaning squash in Italian Obetz, Ohio holds a zucchini festival in August Contains Potassium, Fiber, & Vitamin A,C 						<ul style="list-style-type: none"> Apples are 25% air, which is why they float in water An average apple tree produces 150-350 apples per year Science of apple growing is called pomology 	
	8	<u>RED GRAPES:</u>	9				11	<u>WATERMELON:</u>	12
		<ul style="list-style-type: none"> Grapevine is perennial plant that can produce fruit for centuries Raisins are dried, sweet grapes Introduce to America about 300 years ago by Spanish explorers 							<ul style="list-style-type: none"> Every part of a watermelon is edible including the rind and seeds 95% water & 100% Healthy Contains fiber, Vitamin A, C and Potassium
	15	<u>SWEET PEPPERS:</u>	16		17		18		19
		<ul style="list-style-type: none"> Red peppers are sweeter than green ones Contain vitamin C & A, and lycopene Peppers are great to use in salads, pizza, soups, sandwiches, or just to eat as a fresh snack. 							
	22		23		24		25		26
	29		30		31				