What is the FFVP?

The Fresh Fruit & Vegetable Program is an application based, USDA funded program under the National School Lunch Act, that provides free fresh fruit and vegetable snacks to children in participating elementary schools. Served a minimum of 2 days/week, during the school day, and often paired to complimentary nutrition and food education lessons, activities, or discussions, the FFVP is an effective and creative way of introducing fresh produce as healthy snack options.

What are the goals of the FFVP?

- Increase children's fruit and vegetable consumption.
- Create healthier schools.
- Promote wellness.
- Encourage nutritious food choices to have an impact on future health.
- Inform/influence wider school menu planning.

For more information:

NJDA FFVP Coordinator:
Michelle.Murdock@ag.nj.gov

NJDA Website - -
FFVP Links and Resources
https://www.nj.gov/agriculture/applic/forms/

NJ Farm to School Website
https://nj.gov/agriculture/farmtoschool/

USDA FFVP Information
https://www.fns.usda.gov/ffvp/fresh-fruit-and-vegetable-program

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New Jersey Department of Agriculture
Division of Food and Nutrition

This is an equal opportunity provider.

Our school is participating in the...

FRESH fruit & vegetable PROGRAM

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How does the FFVP make a difference?

- Assists in lessening hunger during the school day.
- Supports improved focus and mood state.
- Expands students' food experience.
- May influence students' current and future dietary choices.

A USDA study found that FFVP students eat more fruits and vegetables than students who do not participate in the program. Higher produce consumption means more vitamins, nutrients, and fiber in students' diets!

This study also demonstrated that FFVP schools included more nutrition education and messaging compared to nonparticipating schools.

Dear Parents, Families, and Caregivers,

As an FFVP participating school, your child(ren) will be offered a fruit or vegetable snack during class time at least twice per week. Occasionally, there will be information and recipes sent home for you as a family to participate in promoting and increasing your consumption of fruits and vegetables.

What can you do at home?

- Ask children about the fruits and vegetables they are trying and learning about at school.
- Expand childrens' fruit and vegetable experience by encouraging produce at mealtimes and for snacks.
- Allow children to pick out produce at the grocery store.
- Include children in preparing snacks for themselves and siblings.
- Visit a local farmstand or farm market.
- Be enthusiastic, encouraging, and most of all, interested!

NJ FFVP Local Incentive

The NJ FFVP Local Incentive is an optional commitment for FFVP participating schools to receive additional funding provided they serve **New Jersey grown** produce for FFVP snacks a minimum of 12 times during the school year.

This incentive has been unique to New Jersey and not only better enables schools to bring nutrient-rich, locally grown fruits and vegetables to students, but also opens additional opportunity for students to learn about where their food comes from, how it grows, and in what ways nutritious foods benefit their health and well-being.

The NJ FFVP Local Incentive is an exciting option for New Jersey schools to support and connect with local farmers, to strengthen the local economy, and to promote fresh snack and meal options!