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**Fresh Fruit and Vegetable Program (FFVP)**

**What is the FFVP?**

It is a USDA grant offered to elementary schools with 50 percent or more students eligible for free or reduced-price meals.  Schools receive approximately $50-$55 per student for fresh fruits and vegetables to offer as snacks.

**How Does a School Receive the FFVP?**

Schools must submit an application to the New Jersey Department of Agriculture.

**Only 222 schools in New Jersey receive this healthy program.**

**Our school was chosen for the 2023-2024 school year!**

**When Does Our School Offer the FFVP?**

Our school serves this snack *(Indicate at what times your school serves your FFVP.)*

**What is Served as a FFVP Snack?**

* **Fresh Fruits and Vegetables**
* **Common items such as Apples, Oranges, Carrots, and Cucumbers**
* **Occasionally unusual items such as Blood Oranges, Rambutans, or Jicama**

We always encourage students to at least try the produce.

Teachers often provide a nutrition lesson while students enjoy their snack.

**What are the FFVP Goals?**

* Create Healthier Schools
* Promote Wellness
* Expand Variety of Fruits and Vegetables Children Experience
* Increase Children’s Fruit and Vegetable Consumption
* Change Children’s Diets to Impact their Future Health

**What Can Parents/Guardians Do?**

* Support the program by asking about the snacks they ate at school.
* Serve healthy fruits and vegetables for snack at home.
* Allow children to pick a few fruits and vegetables when grocery shopping.
* Involve children in healthy cooking at home.
* Encourage healthy eating and exercise.