



Fresh Fruit & Vegetable Program

STATE OF NEW JERSEY

2026-2027

[HTTPS://WWW.YOUTUBE.COM/WATCH?V=9DMLOVRYISU](https://www.youtube.com/watch?v=9DMLOVRYISU)

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Congratulations!

**Fresh Fruit & Vegetable Program (FFVP)
School Year 2026-2027:**



204 Schools Across 53 Districts



Schools extending into 14 counties



98,910 Students



**Allocation of \$50/student or
\$55/student w/Jersey Fresh Local Incentive**



FFVP Logo

✓ SNEARS/Resources/
Fresh Fruit & Vegetable
Program





FFVP Banner



Need:
✓ Will Mail or
Deliver

FFVP Style

NEW Schools:
✓ Will Mail or
Deliver

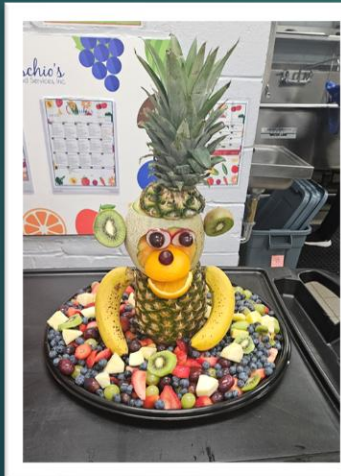


Fresh Fruit & Vegetable Program Award

“VIP” Very Impressive Produce



School 28 Juan
Pablo Duarte Jose
Julian Marti,
Elizabeth, 2nd Place
2025



Nathan Hale
Elementary School,
Carteret, 3rd Place 2025



TROPHY

Watch for
Application!



1st Place VIP Recipients 2025, Veterans' Memorial
Elementary School, Union City

New Jersey Partners



Farm to School



Cafeteria



Classroom



Community



Farm to School
Coordinator

Nicole.Broadwater@ag.nj.gov

NJ Farm to School Academy Pilot, 2025-2026



- 📍 TCNJ
- 📍 Rutgers, NB
- 📍 Stockton, AC



FoodCorps



Classroom Ed



Gardens



Taste Testing



NJ FoodCorps
javonne.alonzo@foodcorps.org

History of the FFVP



-  Pilot project authorized by Congress in 2002 --- 4 states
-  Pilots' tremendous success led to expansion in 2004 --- 4 additional states
-  2006 Appropriations Act --- Expanded to 6 more states
-  2008 Appropriations Act --- Expanded to all states
-  2008 Farm Bill permanently authorized FFVP

Goals of FFVP for Children



Increase fruit and vegetable consumption



Create healthier schools & promote wellness



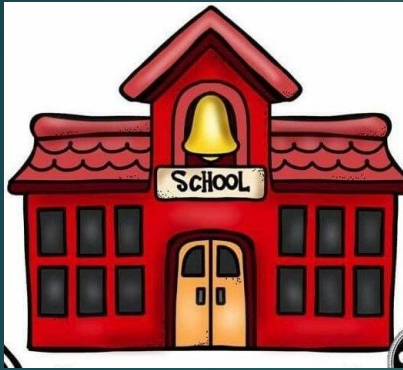
Expose students to a greater variety of fruits and vegetables



Influence diets to improve current & future health



How the FFVP Works



**Select schools
with highest
percentage of
free & reduced
eligibility**



**Submit
accurate
FFVP
application**



**Reimbursed
for fresh
fruit &
veggie costs**



**Provide free
produce to
all students**

Frequency of Service



MUST BE
Minimum
of 2 Days/
Week,
starting in
September!

Level of Funding



New Jersey's total funding for 2026-2027 is over \$5.5 million:

2% state administrative

98% to schools



State funds are divided among selected schools, based on school's enrollment



Regulations require funding to be \$50 - \$75 per student, per year

Frequency of Service



Local decision as to how often to serve fruits & vegetables



Per serving costs & amount of funding drives decision



**Important --- Plan and Budget Funds
(*base on estimated costs*)**

FFVP Budget



School Responsibility



Communicate with Vendors



Financial - Two Categories:

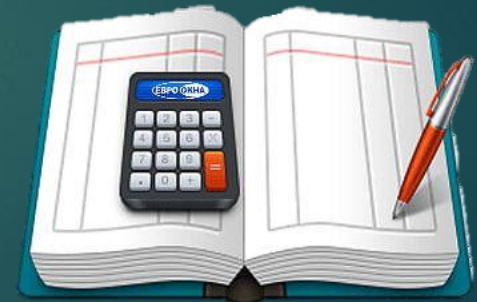
1: OPERATING Costs

Fruits/Veggies/Labor/Supplies



2: ADMINISTRATIVE Costs

Bookkeeping Labor/Large
Equipment*



Financial --

Operating Costs -- *Costs directly related to serving fruits & vegetables.*



Costs for Fresh Fruits & Vegetables



Labor for Preparation or Service

- **Limited to 20% of Total Budget***
- **Must be Reasonable**
- **Can Include Wages & Fringe Benefits**

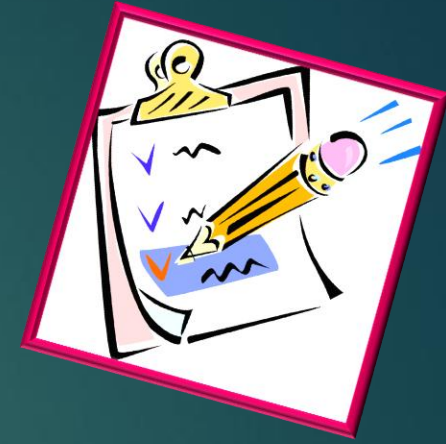


Small Supplies or Other



- **Low Fat Dressings for Veggies**
- **Paper Supplies** (*utensils, soufflé cups, napkins, plates...*)
- **Cleaning Supplies** (*trash bags, hand wipes, sanitizer...*)
- **Small Kitchen Supplies** (*paring knives, cutting boards, baskets, bowls, bags...*)
- **Small Equipment** (*carts, orange sectionizers...*)
~ *Must Be Approved By FFVP Coordinator* ~
- **Delivery Charges**

Financial - Administrative Costs



Large Equipment:

(refrigerators, coolers, portable kiosks, portable food bars)

- “Large Equipment” Request Form --
Approval Prior to Ordering – req. form
- Must Be Submitted By January 31





FFVP Equipment Request Form

Administrative Expense

When purchasing equipment, totaling \$1,000.00 or more, for the Fresh Fruit and Vegetable Program, written justification must be provided to support the purchase, and approval must be obtained to receive reimbursement.

- Equipment purchases are limited to <10% of the grant award
- Proper Federal /State procurement procedures must be followed. For purchases greater than \$1000.00 please include a minimum of 3 price quotations.
- **MUST BE SUBMITTED BY JANUARY 31st.**

Please complete the form below and submit to Michelle.Murdock@ag.nj.gov.

Local Education Agency (LEA) or District:
School Building/Site Name:
Child Nutrition Program Agreement Number:
Coordinator / Contact Person:
Phone Number:
E-Mail:
Total FFVP Budget:
Date:

List any large equipment needed to implement and operate the FFVP; e.g. coolers, tables, refrigerators, etc. NJDA pre-approval must be obtained prior to purchase.

****Equipment not exclusively used for FFVP must be cost shared. Determine approximate percentage that will be used for the FFVP.**

Equipment: (Large Equipment Required to Implement & Operate the FFVP)	Cost:	Percentage Used for FFVP*:	FFVP Expense: (Cost X Percentage Used for FFVP)
Why is the current equipment not sufficient for needs?			

STATE OFFICE COMPLETION:

NJ Dept. Of Agriculture Approval Signature: _____

Title: _____

Date: _____

Submit by
January 31

“Large Equipment” Request Form

Financial -- Administrative Costs



IMPORTANT:

No more than 10% of total funds may be used for administrative costs.



Administrative Labor

- Costs for planning, ordering, managing records, submitting reimbursement claims, coordinating nutrition ed. activities
- Salaries/hourly rates & fringe benefits



Supplies

- Paper for Administrative
- Paper for copying info. for classrooms



Managing the Budget

\$\$/Student/Year: \$50.00

or \$55.00 – *Jersey Fresh! Local Incentive*

Example

Enrollment: 500

\$50.00 X 500 = \$26,000 FFVP Budget

\$55.00 X 500 = \$28,500 FFVP Budget

Managing the Budget

Excel Budget Sheet

*(See SNEARS/Resources/Fresh Fruit & Vegetable Program
OR <https://www.nj.gov/agriculture/resources-tools/forms/>
Scroll down to Fresh Fruit & Vegetable Program)*

➡ Cost/Serving for Produce:
Approx. 50¢ - \$1.00

➡ \$1.25 plus --- **RED FLAG!**

➡ Cost/Serving for Supplies:
Approx. 3¢ - 10¢

Managing the Budget -

Spend the \$ money \$

\$ Submit/Certify reimbursement claims by 10th of month (*prior month's expenses*)

\$ After approved, funds are paid similarly to how school lunch money is received, w/notation of FFVP

\$ TWO Budgets: July-September & October-June

Spend July-September funds by Sept. 30th.

Spend October-June funds by June 30th.

Non-Allowable Costs

- ⊘ Nutrition Education
- ⊘ Trips
- ⊘ Gardening Items; Seeds
- ⊘ Promotions/Promotional Material
- ☑ Access Free Resources

**IF YOU'RE NOT SURE IF AN EXPENSE IS ALLOWABLE
--- CHECK BEFORE YOU SPEND!**

Purchasing Fruits & Vegetables



“Buy American” Provision --- As required for National School Lunch Program, produce must be produced in America, unless product is generally not available domestically. *(i.e. bananas, tropical)*



Purchase locally grown as much as possible.



**“Geographic Preference” --- USDA Allows schools to use purchasing specification for locally grown produce. --
*(Refer to USDA “Final Rule, 2024.)***

Procurement of Fruits & Vegetables



Follow USDA & State Regs

- Training & guidelines provided in SNEARS



Collaborate with district's Food Services



Informal --- Quotes

- QPA (Qualified Purchasing Agent) --- \$7,950 to \$53,000
- No QPA --- \$5,850 to \$39,000



Formal --- Bids

- QPA (Qualified Purchasing Agent) --- \$53,000 & higher
- No QPA --- \$39,000 & higher

Grown in New Jersey Incentive -- Add'l \$\$



>60% of FFVP schools!



Does not have to have “Jersey Fresh” label but must still be **grown** in NJ.



September - June --- 12 Days

Enter Info. In SNEARS --- “Enter total amount of money school spent on JERSEY fruits and vegetables & days served.”



Will Monitor! - - Label line-item descriptions.



Types of Fruits & Vegetables



Allowable:

 **FRESH** fruits or vegetables

 **A variety** is highly encouraged!

 **Pre-cut; individual bags; ready-made trays**

 **Pre-cut blends --- Eg. “Power Blend”**
(Beets, Broccoli, Cauliflower, Brussel Sprouts, Kale, Carrots...)

 **Pre-made Salads ---- Must be fresh & low fat!!!!**

 **Herbs; Spices; Cooking Spray; Oil**
(Enter Fresh Herbs under “Vegetables” & others under “Supplies”)

 **Purchase Jersey Grown!**

Variety of Fruits & Vegetables

Student Favorites ---- Most Often



Oranges, Apples, Bananas, Grapes,
Pineapple...



Carrots, Cucumbers, Grape Tomatoes,
Celery



Variety of Fruits & Vegetables

NEW or Special Items ---- Occasionally:



Star Fruit, Raspberries, Mangoes, Papaya, Blood Orange...



Bok Choy, Fennel, Watermelon Radish, Jicama...



~UNFAMILIAR~ Fruits & Vegetables



Research



Taste-Test



Check Price



Check Yield



Once/Month

Watch for
Allergies!!

Types of Fruits & Vegetables ~

~ **NOT** ALLOWABLE ~



✗ Processed or preserved fruits and vegetables
(i.e., canned, frozen, vacuum-packed or dried)

✗ Smoothies

✗ Fruit Snacks/Roll-Ups/Fruit Leather

✗ Dried fruit *(i.e., raisins, craisins or dried cherries)*

✗ Jellied Fruit; Trail Mix or Nuts

✗ Canned Chickpeas



✗ Cottage Cheese or Yogurt

...**NOT** ALLOWABLE CONTINUED:

- ✗ Fruit or Vegetable Pizza
- ✗ Pickles
- ✗ Dip for Fruit
(i.e., yogurt, sour cream, whipped topping)
- ✗ Honey or other Sweeteners
- ✗ Fruit or Vegetable Juices
- ✗ Sugar Cane
- ✗ Coconut Milk
- ✗ USDA Commodities



Vegetable Tips



Vegetable Dips Allowed

Choose low fat or yogurt-based dips
Must be 1 oz. portion or less



“Prepared” Vegetables

Fresh (*NOT* canned, frozen, or dried)
vegetables that are cooked ---
limited to once a week & must be
part of nutrition ed. lesson



Cooking Vegetables

- **Expands Vegetable Variety**
- **Attend Trainings!**
- **Allowable ---
*Oil / Cooking Spray & Fresh Herbs***



**Tip: Roast Veg. &
Serve Cold**



Who Receives Fruits & Veggies



For all children who attend the school

(including half or full day pre-K or K; appropriate accommodations may be made for students with special needs – p. 3 USDA FFVP Handbook)



Teachers/Aides may participate with students



NOT for community residents or adults attending after school functions



MAY NOT be withheld to discipline children

When to Serve Fruits & Veggies



At discretion of each school



CANNOT be served during meals or as part of meal



CANNOT be served for after-school programs... must be served during school day



MAY be served to different groups/grades at different times/days



Fruits & Veggies **NOT** permitted to go home



Where to Serve Fruits & Veggies

🥦 At discretion of each school

🥦 Classroom

🥦 Cafeteria

🥦 Salad Bar / Portable Cart /
Hallway Kiosk



How to Distribute Fruits & Veggies



How to Distribute Fruits & Veggies

~ Produce Stand 💡
~ “Food Truck” 💡



Who Can Distribute



Students!

Cafeteria!



Self Serve



**Parents & Student
Ambassadors!**



Waste



- 🌱 **Have a Plan!**
- 🌱 **Let Students Eat Extras**
- 🌱 **Send to Nurse's Office**
- 🌱 **Use for Meal Preparation**
- 🌱 **Send to Soup Kitchen/Food Bank**
- 🌱 **Maintain safe food handling/storage.**

Nutrition Education

✎ Nutrition Ed & Marketing important for success!

- FFVP Coordinator & Food Service - partner to coordinate FFVP menu.
- Refer to educational resources -- free nutrition material.
- Include home links --- keep families/care givers in the loop.

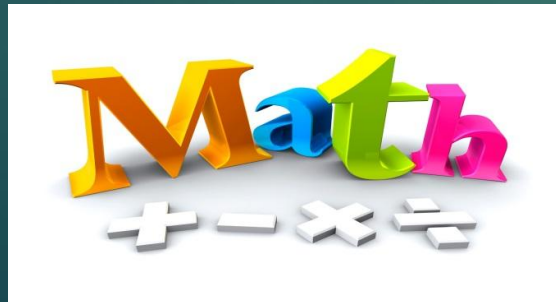
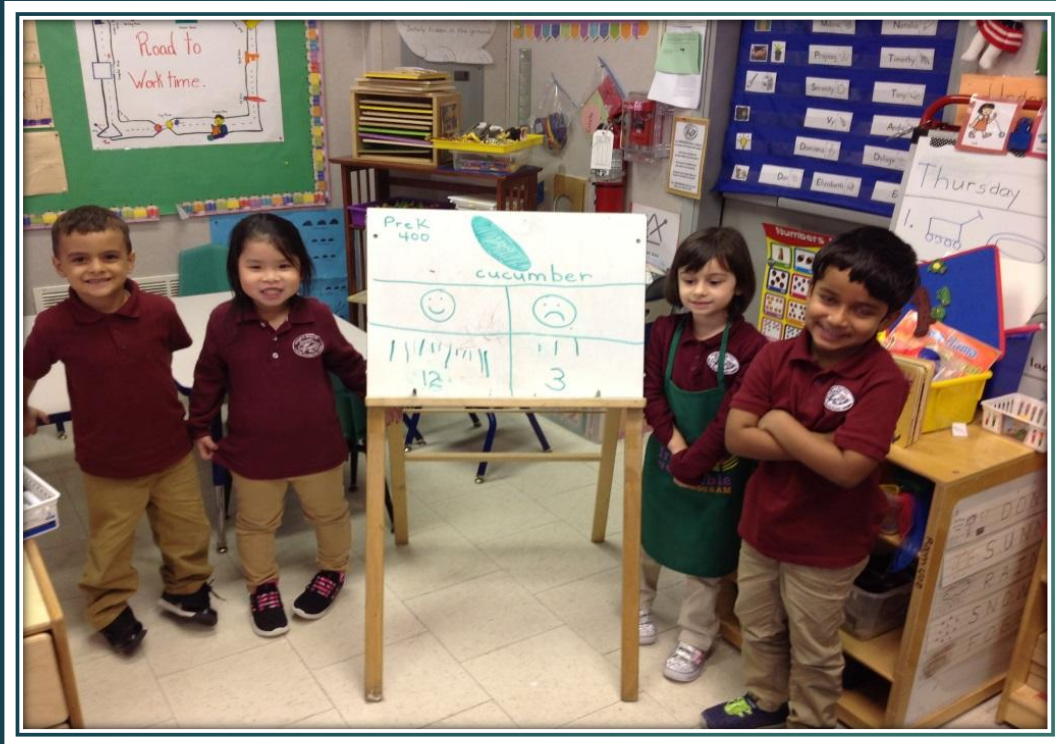
✎ FFVP funds **CANNOT** be used for Nutrition Ed.



Weighing and Measuring



Math, Health & Nutrition



Social Studies



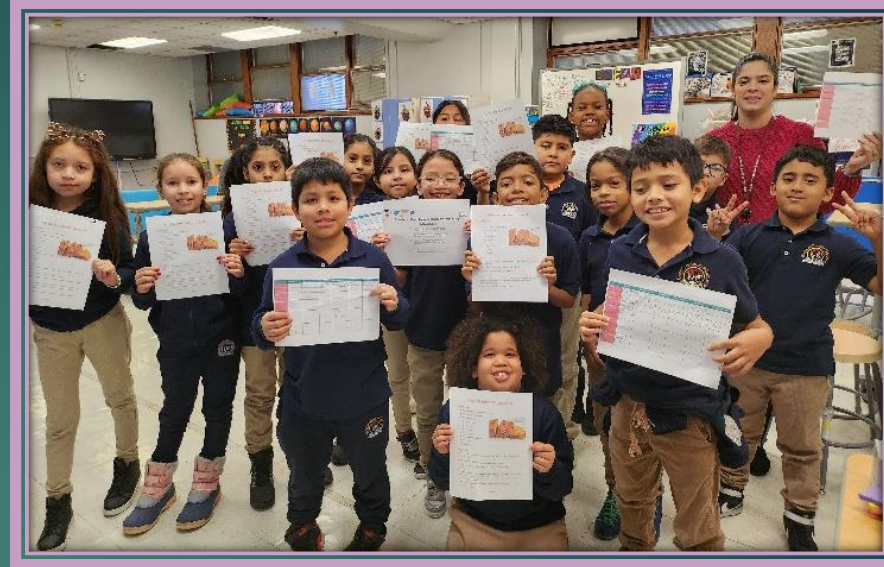
Physical Activity

Get Pumped!

 Go Noodle!



Extra Efforts





Dr. Seuss



Extra Efforts & Special Events



Market ---
Art Class

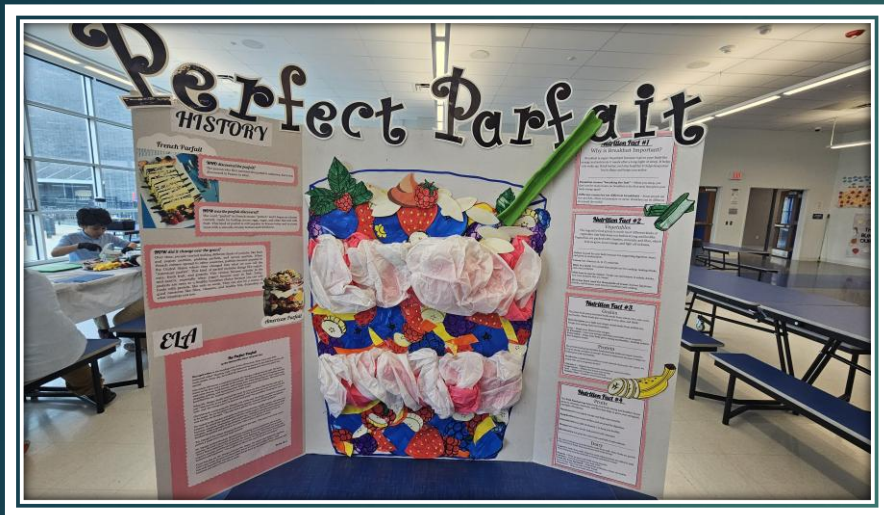




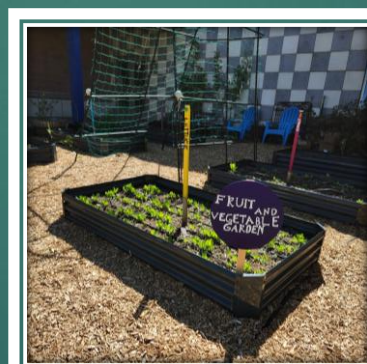
Educational
Day of Fun!

Extra Efforts & Special Events

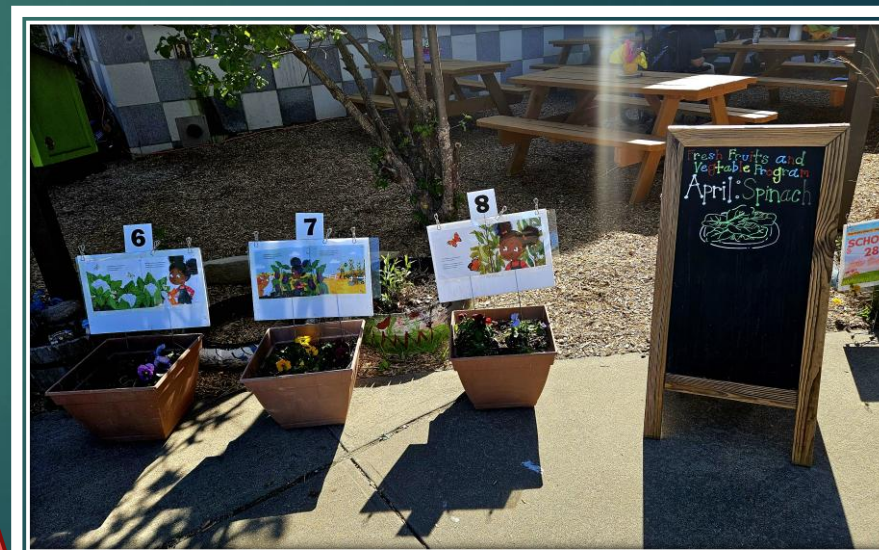




March
Snackness!



FFVP in the
Garden!



Extra Efforts & Special Events

Special FFVP Events – Reimbursement Allowances



\$ 5% of Budget

Example: \$10,000 X .05 = \$500

\$ Label as “SE”

\$ Notify Michelle Murdock

**\$ If Exceeds 5% --- School(s) will
NOT be reimbursed!**

Marketing & Promotion



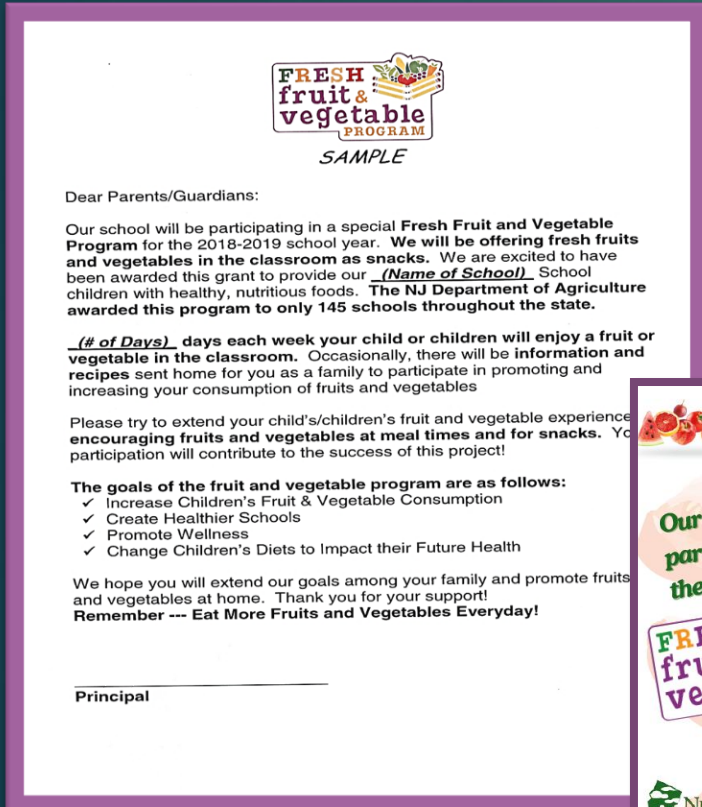


FFVP Marketing/Promotional Resources



SCHOOL PROMOTION of FFVP

- Parent/Guardian Letter
~ *English & Spanish*
- Brochures offered in main office
- Website
- Back to School Night
- Newsletters



REFER TO:

SNEARS---Resources---Fresh Fruit & Vegetable Program

NJDA Website:

<https://www.nj.gov/agriculture/resources-tools/forms/>

(Scroll down to Fresh Fruit & Vegetable Program)



Get the Word Out!

FFVP Informational Flyer 2026-2027



NJ 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 204 schools in New Jersey currently receive this nourishing program. Our school was accepted to participate for the 2026-2027 school year!

When Does Our School Offer the FFVP?

Our school serves this snack 2 or more times a week during the school day, outside of other meal service times.

What is Served as an 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.

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.
- Influence children's diets for the immediate and long-term to impact their future health.

What Can Parents/Guardians Do?

- Support the program by asking about the snacks students 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 cooking at home.
- Encourage balanced food choices and exercise.



In-school

- * Back To School
- * PTA/PTO
- * Special Events
- * Main Office

Fall 2024

Back To School FFVP Breaking News



WELCOME BACK!

~ Note From The Editor ~

September is here and FFVP is back in action! Breaking News has been a staple of NJ FFVP over the years, and I am excited to carry it forward with a new look, while still offering fun and helpful resources. As we step into the new school year, I welcome communication - reach out with questions or needs and share your successes. I'm looking forward to celebrating your FFVP efforts! Wishing you all an

enriching year ahead with delicious, nutritional FFVP snacks!

~ Michelle Murdock

FFVP SPOTLIGHT

In June, students at North Main Street School in Pleasantville shared their beautiful gardens with NJDA visitors. The Student Garden Club committed extra time and effort to build these gardens over the 2023-24 school year to contribute to their FFVP, to enrich their food education, & to offer an inviting green space for all to enjoy! Happy Harvesting this fall!



EXTRA!

NJ Harvest of the Month: September: **Tomatoes!**
October: **Apples!**
November: **Squash!**

EXTRA!

FFVP In-Person Orientation Training
Sept. 20, 2024



EXTRA!

Farm to School PD Workshop, Oct. 9, 2024



Feedback & Engagement

FFVP "Teacher Feature" Form



Students want to know...
What are our teachers' FAVORITE fruits and veggies?

Date: _____
Grade: _____
Teacher: _____

 What is your favorite FRUIT? _____

 What is your favorite VEGETABLE? _____

WISH LIST
Fruit(s) or Vegetable(s) you would LOVE to see as an FFVP snack:

☐ I permit my responses to be shared with FFVP announcements/media.

Signature: _____

Return to School FFVP Coordinator
or Food Service Point of Contact

Student Voice
& Choice

Include &
Engage Faculty

FFVP Student Response ("Voice & Choice") Form



Return to School FFVP Coordinator
and/or Food Service Point of Contact

Date: _____
Grade: _____
Teacher: _____
Fruit(s) or Vegetable(s) being served: _____

Individual Student Response:

Item: _____	Item: _____
 I LOVED IT!!!	 I LOVED IT!!!
 I LIKED IT!	 I LIKED IT!
 I TRIED IT!	 I TRIED IT!

Alternative Response Option for Teacher: Overall Class Response (Circle One):

GREAT! **GOOD!** **OKAY!**

Program Materials & Resources

Fruits & Veggies From A-Z

Jersey Tastes! Harvest
of the Month A-Z Fun
Facts



BLUEBERRY FACTS

Did you know blueberries are also available dried?



Did you know New Jersey ranks 5th in the nation in blueberry production?

5th

Did you know there are two varieties of blueberries: cultivated, and wild?



Did you know the blueberry is the second most popular berry in the United States? What do you think the favorite berry is?



Did you know over 200 million pounds of blueberries are produced each year in North America?

Did you know that there are 1,600 wild blueberries in a pound and 500 cultivated blueberries in a pound?

Did you know blueberries contain more disease-fighting antioxidants than almost any other fruit or vegetable?



MADE IN COLLABORATION WITH:  

Did you know that if you dust fresh blueberries with flour, just before you add them to a batter that they will not sink to the bottom of the pan?



REMEMBER ...
EAT MORE FRUITS AND VEGETABLES
EVERYDAY!

😊 FUN FACTS! 😊

Brussel Sprouts

Did you know...

- 😊 Did you know Brussel sprouts look like miniature cabbages?
- 😊 Did you know Brussel sprouts are popular in Brussels, Belgium & may have originated there in the 16th century?
- 😊 Did you know Brussel sprouts are a traditional winter vegetable?
- 😊 Did you know Brussel sprouts thrive in cold, damp weather?
- 😊 Did you know Brussel sprouts grow on a thick stalk approximately 24 to 47 inches in height?
- 😊 Did you know each stalk can produce up to 2 to 3 pounds of Brussel sprouts?
- 😊 Did you know Brussel sprouts are usually sold loose not attached to their stalk?
- 😊 Did you know Brussel sprouts are a cruciferous vegetable? (Cruciferous vegetables contain cancer preventive qualities.)
- 😊 Did you know Brussel sprouts are believed to protect against colon cancer?

FRUITS & VEGGIES

From

A to Z



Keep Your Bodies Strong & Healthy!!

Jersey Tastes! Harvest of the Month

Activity Sheets:



Recipes



**Lessons, Activities, Videos,
& Fun Facts**



Printable Stickers



Coloring Book

Jersey Tastes!

A Year-Round Celebration of the Garden State's Fruits and Vegetables



farmtoschool.nj.gov
#JerseyTastes



Monthly Activities



JERSEY TASTES! ACTIVITY SHEETS

Wonderful Winter Squash



ACTIVITIES:

Pre-K: Read Sophie's Squash
Lower & Upper Elem: Harvest Lessons
Middle & HS : Promote Winter Squash



ALL ABOUT NEW JERSEY!

Plant winter squash after the last frost is over; around Mother's Day or May 15 in Zone 7. Squash like to grow on long, trailing vines. One growing method is to grow squash up a trellis like one shown to the left. Another method is to build mounds or hills, plant the squash seeds directly into the ground, once they come up and grow to about 2 inches in height, thin the plants to three plants per hill. Always remember that squash need a lot of space to grow either horizontally or vertically and they prefer well-drained soil.

HOW DOES IT GROW:

There are many different types of squash; one very popular example is pumpkins. Pumpkins are a type of winter squash meaning they have a hard outer shell and can be stored in a cool dry place for three to six months after harvest.

RECIPES:

Breakfast: Butternut Squash Breakfast Hash
Lunch: Turkey Stuffed Acorn Squash
Dinner: Spaghetti Squash & Chickpea Sauté
Butternut Squash & Black Bean Skillet Dinner
Fun: Bake a Pumpkin



FUN FACT:

Squash is a very old food crop. There is evidence of its cultivation going back at least 8,000 B.C in Central Mexico, Peru, and the Eastern United States. Squash (along with corn and beans) formed the staple diet of Mesoamerican Indians and made the creation of these empires possible.



NUTRITION FACT:

Most orange squashes are loaded with vitamin A. A single cup provides more vitamin A than most people need in a day (457% of the daily value, to be exact).



MADE IN COLLABORATION WITH:



Tag us on social media: @farmtoschoolnj #jerseytastes

Monthly Recipes



JERSEY TASTES! RECIPES

Golden Squash Smiles

INGREDIENTS:

FAMILY-SIZE SERVES 4-6



- 1 each Delicata or small Butternut Squash (*approx. 1-1.5 lbs.*)
- Cooking Spray
- 1 tablespoon Vegetable Oil
- 2 tablespoons Honey or Brown Sugar



SCHOOL FOOD SERVICE # PORTIONS: 25

- 7.5 lbs. Delicata or Butternut Squash (*approx. 7 each Delicata or 4 each medium Butternut*)*
- Cooking Spray
- 1/2 cup Vegetable Oil
- 3/4 cup Honey or Brown Sugar

* Substitute with 5.5 lbs. frozen or precut fresh Butternut

**Portion Size: 1/2 cup = 1/2 cup
Veg/Red-Orange**

DIRECTIONS:

- 1 Preheat oven to 425°F.
- 2 Cut off ends of squash. Cut in half lengthwise. Spoon out seeds.
- 3 Place squash cut side down. Cut into 1/4 inch slices ("smiles").
- 4 Coat baking pan with cooking spray.
- 5 Arrange squash smiles on baking pan. Brush with oil & honey or sprinkle with sugar.
- 6 Bake for 20-30 minutes or until squash is slightly browned.



Fun Fact:
Did you know
pumpkins are a
winter squash!

RECIPES MADE IN COLLABORATION WITH:



Featuring ...LOCAL!



JERSEY FRESH



NJ Seasonality Chart



Fruits & Berries	APRIL	MAY	JUNE	JULY	AUGUST	SEPTEMBER	OCT.	NOV.	DEC.
Apples									
Blackberries									
Blueberries									
Cherries									
Cranberries									
Grapes									
Peaches, Nectarines									
Pears									
Plums*									
Strawberries									
Vegetables									
Arugula									
Asparagus									
Beans*									
Beets									
Bok Choy									
Broccoli									
Cabbage									
Carrots									
Cauliflower									
Chard									
Chinese Cabbage									
Collards									
Cucumbers*									
Dandelion Greens									
Eggplant*									
Garlic									
Garlic Scapes									
Herbs*									
Kale*									
Leeks									
Lettuce									
Lima Beans									
Mustard Greens									
Okra**									
Onions									
Parsnips									
Peas									
Peppers									
Potatoes									
Pumpkins									
Radish									
Scallions									
Squash									
Spinach									
Sweet Corn									
Tat Soi									
Tomatoes*									
Turnips									

- * Plums
 - * Traditional
 - * Fall bearing
- * Cucumbers
 - * Pickle
 - * Salad
- * Herbs
 - * Basil
 - * Chives
 - * Cilantro
 - * Dill
 - * Mint
 - * Parsley
- * Kale
 - * Early
 - * Lacinato
- * Peppers
 - * Bell
 - * Jalapeno
 - * Poblano
 - * Serrano
- * Potatoes
 - * Idaho (baking)
 - * Russet
 - * Yukon Gold
 - * Purple
 - * Sweet Potato
- * Squash
 - * Yellow
 - * Zucchini
 - * Winter Squash
 - * Butternut
 - * Acorn
 - * Pumpkin
- * Tomatoes
 - * Grape
 - * Pear
 - * Blackberry
 - * Huckleberry

Note: General varieties exist in the northern and southern parts of the state. This information has been compiled with information provided by NJ Farm Bureau, the NJ Department of Agriculture and Rutgers Cooperative Extension.



JERSEY FRESH

As Fresh As Fresh Gets



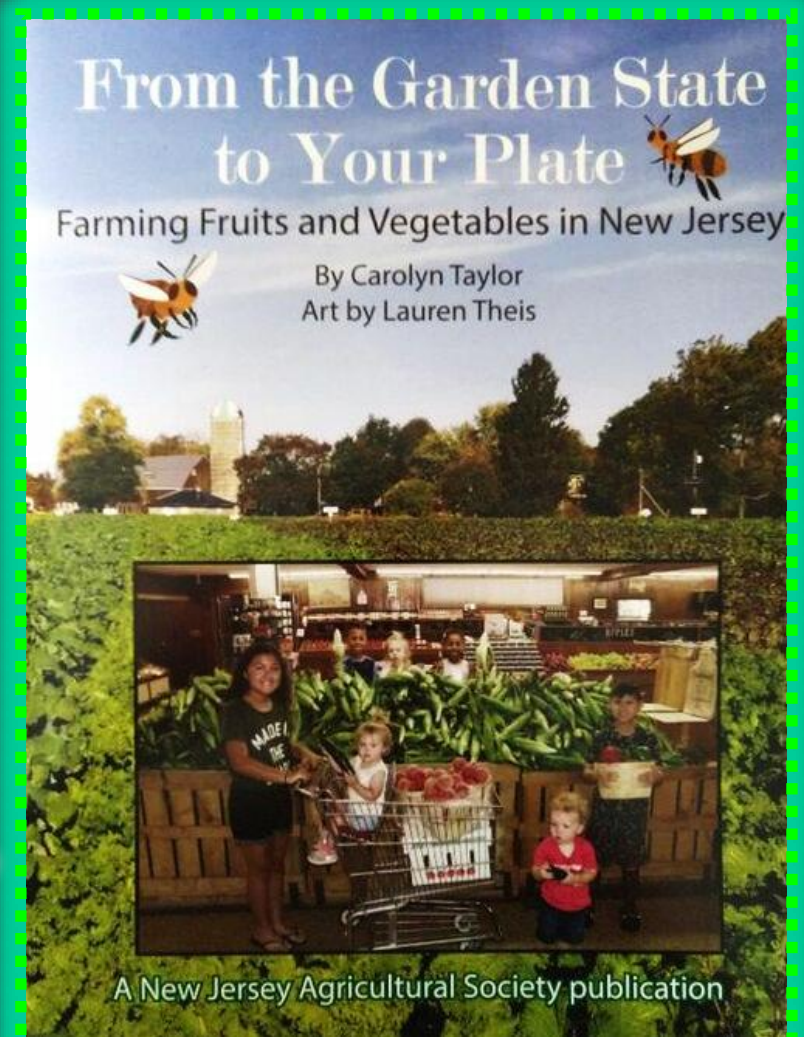
From the Garden State To Your Plate

~ Digital Book ~



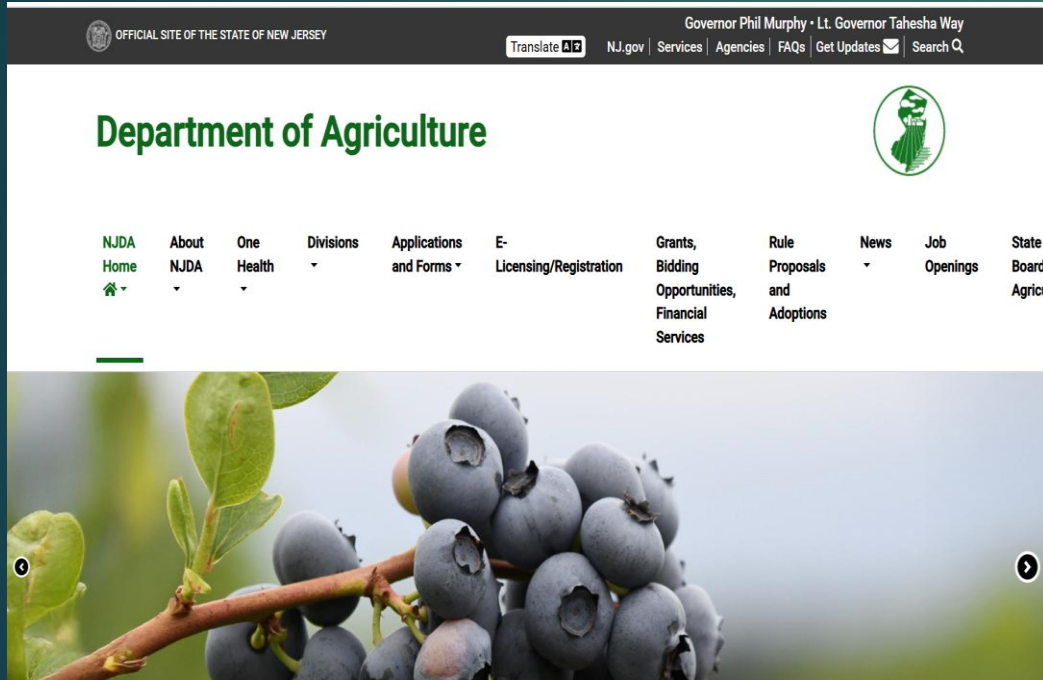
**Courtesy of the
NJ Agricultural Society**

<https://www.njagsociety.org/from-the-garden-state-to-your-plate.html>



A New Jersey Agricultural Society publication

Where To Go...



✓REFER TO



<https://www.nj.gov/agriculture/resources-tools/forms/>
Scroll down to Fresh Fruit & Vegetable Program

➤ Web Sites

- FFVP Handbook
- Farm to School
- ChopChop
- Waffles & Mochi

➤ Partnerships & Resources

➤ Lessons Learned

➤ FFVP Planner

School Gardens



Additional Garden Ideas

🌱 Garden Tower/Wall

🌱 Sprout Pencil

🌱 Garden-In-A-Can

🌱 Seed Necklaces



Best Practices for Principals



Do:

- ✓ Inspire teachers to provide Nutrition education such as the A-Z Fun Facts.
- ✓ Encourage educators to taste fruits & veggies w/students and to model positive tasting practice.
“Brave, bold tasters!”
- ✓ Present FFVP in a positive atmosphere - - at a teachers’ meeting.

Don’t:

- ✗ Allow students to take FFVP snack home.
- ✗ Consent to students expressing negativity about FFPV snack - - especially veggies.
“Don’t yuck my yum!”
- ✗ Consent to teachers being negative about eating raw veggies that may commonly be eaten cooked.

Best Practices for Teachers



We need YOU to be role models by implementing the following:



Join in with your students and eat the fruit and vegetable snacks.
Model “Brave, Bold Tasters!”



Highlight the importance of eating nutritious fruits and vegetables.



Emphasize trying vegetables even though your students may think they’re “yucky.” Encourage your students to take a small bite and to be “Brave, Bold Tasters!”



Encourage your students to eat produce at home during mealtimes and for snacks!

Lessons Learned



✓ **Build your school FFVP Coordinator - Food Service Point of Contact partnership!!**

✓ **Use fruits & vegetables in lessons.**

✓ **Serve students w/ late lunch A.M. fruit/veg. snack & classes w/early lunch P.M. snack.**

✓ **Designate special students to make morning announcements w/ interesting facts about fruit/veggie of day.**



Lessons Learned

- ✓ Include students for distribution.
- ✓ Serve fruits/veggies during testing.
- ✓ Serve fruits/veggies as healthy field day energizers.
- ✓ Try not to create add'l work for teachers.
- ✓ Every snack does not need educational lesson.



Make it SIMPLE!!!

Lessons Learned



- ✓ Have students create fruit/veggie announcements.
- ✓ Teachers try snacks ---- model the TRY!
- ✓ Plan when ordering --- Produce requires time to ripen.
- ✓ Test & research new produce!
- ✓ Keep emergency fruit.

Eligibility Criteria For Future FFVP Grants

 Spend All Funds by June 30, 2026
*June 30 --- 10% or Less of Budget
Remaining!!*

 Manage Budget Efficiently ---
Do Not Overspend or Underspend

 Use 50% of Budget by Feb. 29



Eligibility Criteria For Future FFVP Grants



Submit Reports on Time



Submit & Certify Vouchers On Time



**Receive Acceptable Reviews for All
Child Nutrition Programs**



Earn Satisfactory FFVP Review

Ideas for Classroom Activities...

Seed Necklace Activity



SEED NECKLACE



OVERVIEW:



- Seed-sprouting activity enables students to watch process of seed germination.
- Students will love walking around wearing their scientific seed necklace.
- Share directions & video w/ families.
- Put on school website.



MATERIALS:

- Small Ziplock Bags: Approx. 2"x 2"
(Similar to jewelry bags.)
- Hole Puncher
- Bowls of Water
- Cotton Balls
- Bowls of Seeds
(Radish seeds germinate easily & quickly.)
- String or Yarn
- Scissors
- Markers



PROCEDURE:



- Punch a hole into top of bags, above the zipper.
- Prepare small bowls of water, cotton balls, bowls of seeds & ziplock bags.
- Have each student dip one cotton ball into water & squeeze it gently to remove excess water.
- Have them press cotton ball into a bowl of seeds.
(Make sure some seeds stick to cotton balls.)
- Have students place cotton ball w/ seeds in bag.
- Seal the ziplock bag.
- Thread string or yarn through the hole of the bag. Cut & tie the string around student's neck to make necklace.
- **Crucial:** Do not open bags until seeds have leaves.
- **Suggestion:** Have students write name in marker on back of bag. Collect the seed necklaces at end of day & keep in classroom.



EDUCATION:



- Discuss the meaning of "Germination".
- Raise questions: What do you think happens when a seed germinates? How long do you think it will take for a seed to germinate?
- Have students record their observations of germination process each day in a journal for approx. 10 days.
- Plant cotton balls w/ seeds after 10 days, in small pots. Cotton ball should be planted in soil along w/ roots.

Dr. Seuss Snacks

CAT in the HAT

INGREDIENTS:

- Strawberries, sliced
- Bananas, sliced
- Chocolate Cookies or Round Apple Slices

INSTRUCTIONS:

1. Cut bananas & strawberries.
2. Place chocolate cookie or apple ring as base of hat.
3. Layer bananas & strawberries on top of base.
4. Make as tall as you would like your hat to be!



GRINCH KABOB HAT

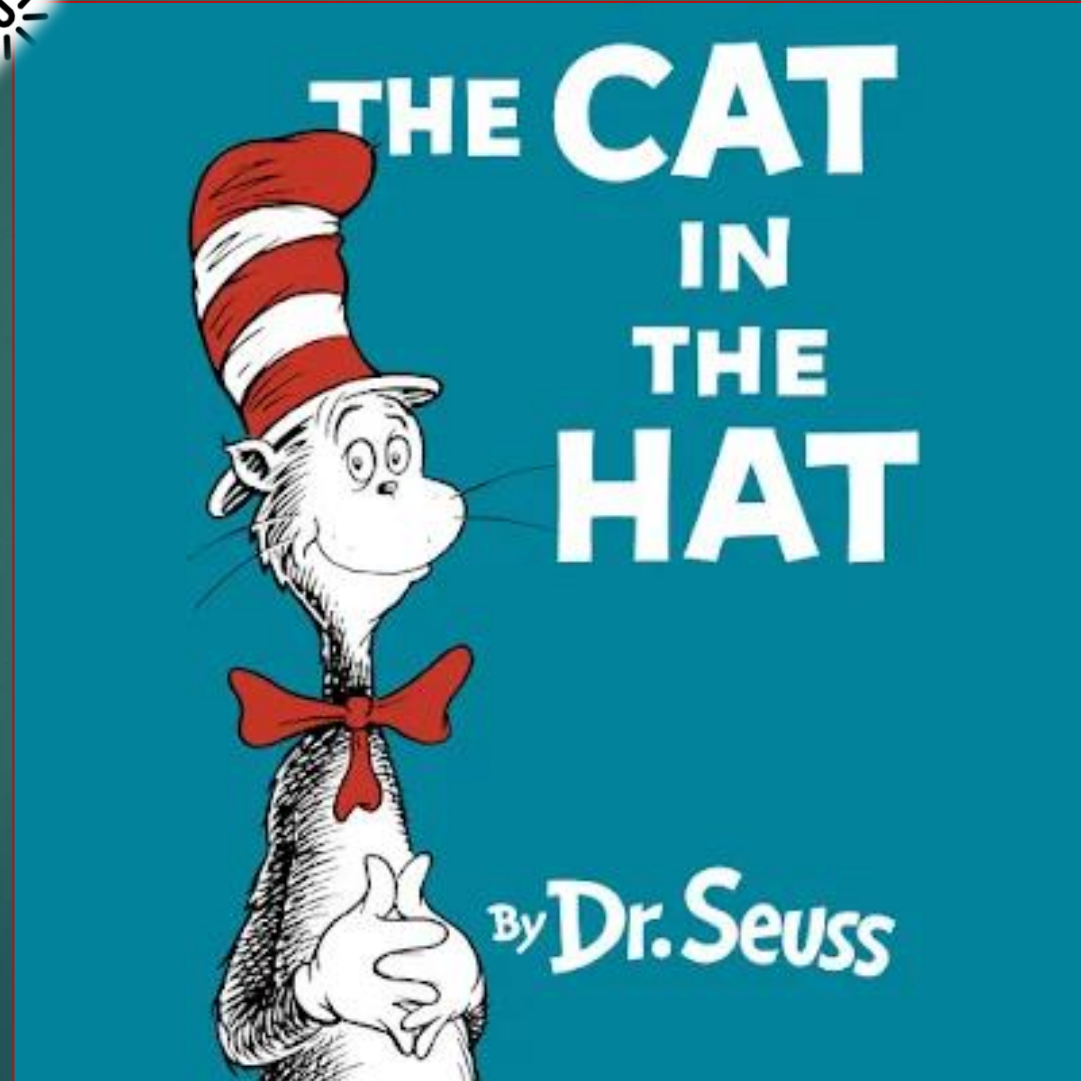
INGREDIENTS:

- Toothpicks or Skewers
- Mini Marshmallows
- Strawberries
- Bananas, sliced
- Green Grapes

INSTRUCTIONS:

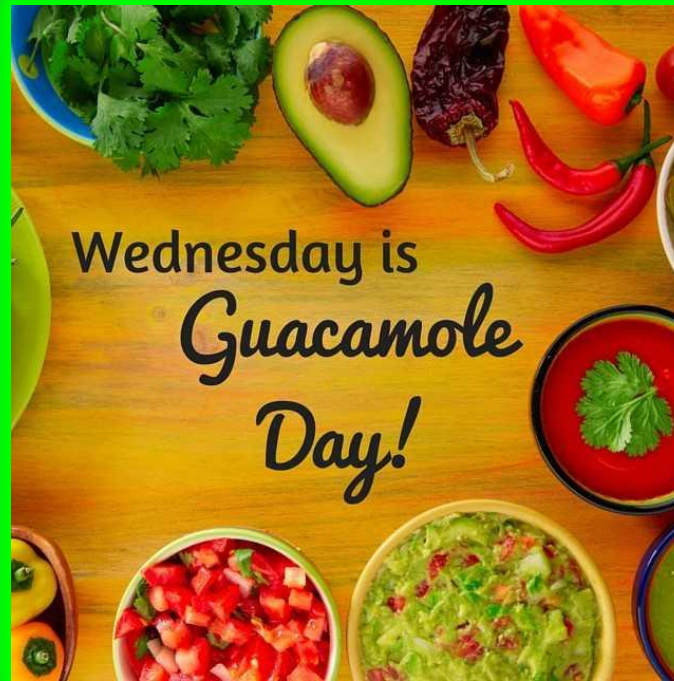
1. Slide mini marshmallow to the end of toothpick or skewer.
2. Next add pointy end of strawberry under marshmallow for hat.
3. Poke toothpick in center of banana slice for hat's furry rim.
4. Slide on grape for Grinch's head.

CAT in the HAT

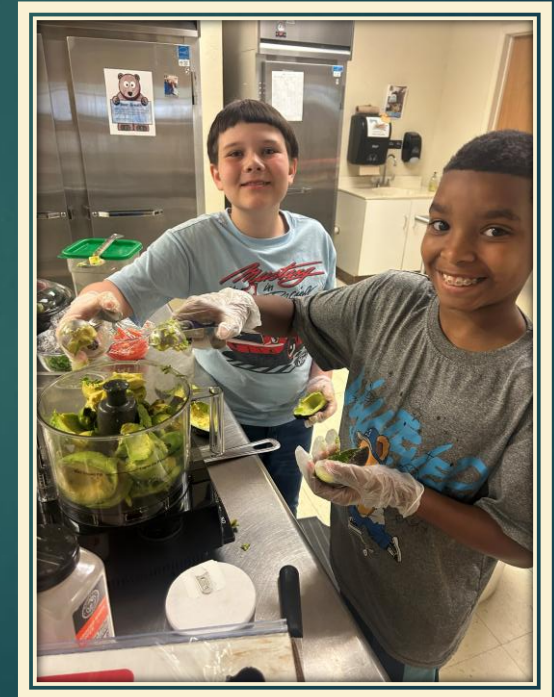




CINCO de MAYO

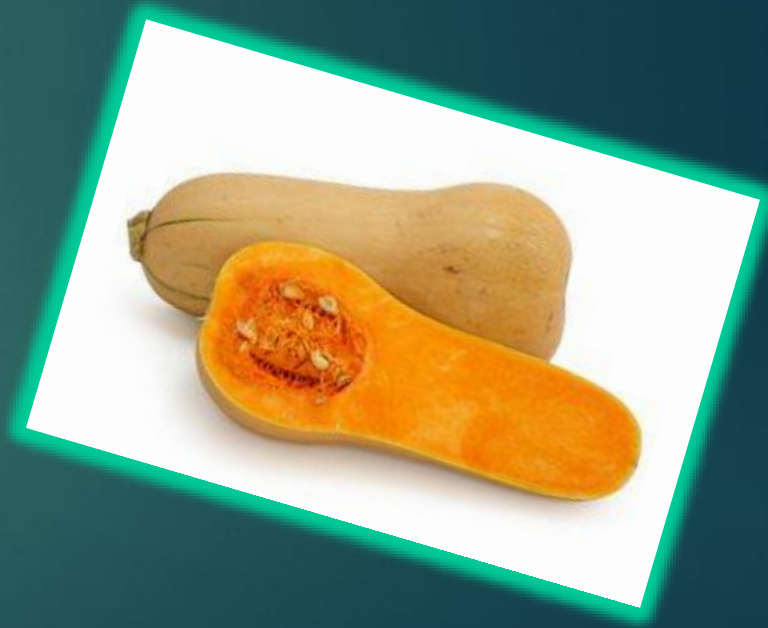


Make your own!



“Match That Winter Squash”

~Video~



How Much Do You Know About New Jersey Produce?

**List NJ Crops Bringing in the
Most \$\$ from 1-4 ? (2025)**





Blueberries

#1 \$94.3 M



Bell Peppers

#2 \$54.8 M



#3 \$47.3 M

Tomatoes

#4 \$26.7 M

Sweet Corn



How Much Do You Know About New Jersey Produce?

**List NJ's Top PRODUCING
fresh produce crops by
quantity (2025).**





Blueberries

#3 48.5 M lbs.



Bell Peppers

#1 98.8 M lbs.



#2 65 M lbs.

Tomatoes

#4 44.9 M lbs.



Cranberries

For More Information

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