



Fruits and Veggies Take the Spotlight

Did you know that eating 5 servings of fruits and vegetables per day can promote a healthier lifestyle?

That is why your school is participating in a new program called Fresh Fruit & Vegetable Program (FFVP) supported by the United States Department of Agriculture. The FFVP allows Child Nutrition to serve all our students a free mid morning or mid day snack of fruits and vegetables beginning October 2008.

Fruits and vegetables are good low calorie, low-fat sources of vitamins, minerals, and fiber.

The FFVP shows children that fresh fruits and vegetables are healthy and tasty alternatives to snacks high in fat, sugar, or salt.



Tips for including 5 a day in your diet at home

...Serve at least one fruit or vegetable at every meal and snack. Try all the different colors.

... Dip veggies in low fat dressing. Tuck them in whole grain pitas or sandwiches. Toss some on your pizza.

...Try and try again. It may take children several tastings (10 or more) before they begin to enjoy certain foods.

Look for the Fresh Fruit & Vegetable Program in the following schools beginning October 2008 - Bancroft Elementary, Brookside Elementary, Elbert Palmer Elementary and Stubbs Elementary.

**Please be our health partner at school and home.
Let's make our children the healthiest they can be!**

Provided by Child Nutrition Services
Of Christina School District