

WHAT IS THE FRESH FRUIT AND VEGETABLE PROGRAM (FFVP)?

The Fresh Fruit and Vegetable Program 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 creating 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.

HOW IS FFVP IMPLEMENTED?

In CPS, FFVP is managed at the district level. FFVP features a special classroom tasting to introduce students to new produce twice a week throughout the school year. Most often, fruits are served on Tuesdays and vegetables on Thursdays.

The FFVP program is separate from the School Breakfast Program and the National School Lunch Program, therefore, fruits and vegetables should be distributed in classrooms independent of these times.

Principals and Dining Mangers should collaborate to determine when the most appropriate time for implementation is at their school. Feedback from teachers and staff should be taken into consideration and administrators are encouraged to adjust schedules accordingly.

WHO IS ELIGIBLE FOR FFVP?

All CPS elementary schools are eligible to be considered for programming. For questions around the program or to enroll your school please contact Food@cps.edu

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WHY PARTICIPATE IN FFVP?

The Fresh Fruit and Vegetable Program is a great way to help your school meet the Nutrition Education requirements

outlined in the [Local School Wellness Policy](#). Fruit and vegetable fact sheets are emailed each week and are also included in produce delivery. Fact sheets highlight the featured item including fun facts, health benefits, and ways to enjoy the fresh produce; these should be used to guide nutrition education in the classroom. Additionally, Healthteacher.com offers nutrition education lessons aligning with the scope and sequence that can be used in conjunction with FFVP. Most importantly, exposing students to fruits and vegetables at a young age encourages them to make lifelong healthy eating choices.

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