

## Teacher Testimonials

"It has exposed them to foods that many had never eaten before. It has also **eliminated many of the preconceptions about healthy eating**. My students now realize that eating healthy can be **delicious and easy**..."

"...They tell me they have **told their parents about the program** and the new fruits they've discovered..."

"...I often hear students asking and getting **excited about what the snack is for the day**. I have also heard some students say "I didn't think I would like \_\_\_\_\_ but **I tried it and I like it!**..."



Banana Dolphins

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Child Nutrition  
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Maine Department of Education  
Child Nutrition



Funded by the U.S.  
Department of Agriculture

## Which schools are eligible for the Fresh Fruit and Vegetable Program (FFVP)?

- ◆ Schools that operate the National School Lunch Program
- ◆ Schools that serve students in grades K-8 or have the ability to separate elementary school students in a K-12 program
- ◆ Schools with 50% or more students eligible for free or reduced price meals



## What are the program benefits for students?

- ◆ Increases consumption of fresh fruits and vegetables among students
- ◆ Students experience new and unfamiliar fruits and vegetables while having fun
- ◆ Students become accustomed to eating fruits and vegetables on a regular basis

## What are the program benefits for schools?

- ◆ Provides funding to eligible school nutrition programs based on student enrollment (only K-8)
- ◆ Supports local wellness policy goals and contributes to a healthier school environment
- ◆ A nutritious snack helps students focus in class and leads to less disruptive behaviors in school

## What are the program benefits for parents?

- ◆ Saves time and money from packing a snack at home
- ◆ Increases child's knowledge of a variety of fruits and vegetables
- ◆ Delivers a healthy message from school to home



RSU 19- Corinna Elementary

## Steps to Become an FFVP School

- ◆ Contact your State Agency staff to see if your school is eligible
- ◆ Submit an annual application to your State Agency
- ◆ Visit the Maine Child Nutrition webpage to learn more:

<http://www.maine.gov/doe/nutrition/>



## FFVP Maine State Contact

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