

USDA Fresh Fruit & Vegetable Program

Informational Handout for Parents

How can I support FFVP in my child's school?

- Review the weekly FFVP fruits and vegetables with your child
- Ask your child about the fruits and vegetables they had for snacks
- Include your child in picking new fruits and vegetables at the grocery store
- Try new fruits and vegetables at home. Discuss the color, shape, smell, and taste together.
- Try new recipes including new fruits and vegetables



Child Nutrition
Maine Department of Education

What is the FFVP?

The Fresh Fruit and Vegetable Program (FFVP) is a federally funded program that provides students with free fresh fruit and vegetables for a snack during the school day. This program allows children to try new varieties of fruits and vegetables to encourage their consumption and overall acceptance. This program may also promote more fresh fruit and vegetable consumption at home. Eating a variety of fruits and vegetables every day can help your child build healthy habits and promote overall health.

Examples: Fruits and Vegetables of the Week

- | | |
|---------------|-------------|
| • Starfruit | • Radish |
| • Kiwi | • Rutabaga |
| • Pomegranate | • Baby Corn |

Fruits and Vegetables from Maine

- | | |
|---------------|----------|
| • Apples | • Beets |
| • Pears | • Fennel |
| • Blueberries | • Squash |

