

## **The USDA Fresh Fruit and Vegetable Program**

Morning Announcement Examples:

### **Apple**

Good morning, students!

Today, for the Fresh Fruit and Vegetable Program, we're serving crispy, juicy apples! Did you know that apples are one of Maine's most famous fruits? They grow in orchards across the state and come in red, green, and yellow! Apples are a great snack to keep your brain sharp and your body strong. Enjoy!

### **Blueberry**

Good morning, students!

Today's Fresh Fruit and Vegetable Program snack is sweet, juicy blueberries! Did you know Maine is the top producer of wild blueberries in the whole country? These tiny berries are packed with antioxidants, which help keep your body healthy and strong. Enjoy your taste of Maine today!

### **Mango**

Good morning, students!

Today's Fresh Fruit and Vegetable Program snack is the mighty mango! Mangoes are sweet, juicy fruits grown in warm places like Mexico and India. They're full of vitamin C and fiber, which help keep your body strong and your tummy happy. Enjoy this tropical treat!

### **Jicama (pronounced HICK-uh-muh)**

Hi everyone!

Today we're trying something new: jicama! It's a crunchy root veggie that looks like a potato on the outside, but is white and crisp on the inside. Jicama is sweet, juicy, and fun to dip in salsa or eat plain. It's a great source of fiber and water!

### **Peach**

Good morning!

Our Fresh Fruit and Vegetable Program snack today is a fuzzy favorite: peaches! These sweet fruits are full of vitamin C and fiber. Even though they're not grown in Maine, we love getting to try them when they're in season. Take a bite and enjoy that juicy goodness!

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