



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

The Fresh Fruit and Vegetable Program is a federally assisted program providing 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 creating healthier eating habits to impact their present and future health. The FFVP will help schools create healthier school environments by providing nutritious 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 outside 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](mailto:Food@cps.edu)

# FRESH FRUIT & VEGETABLE PROGRAM

## 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. Most importantly, allowing students to experience new and unique fruits and vegetables at a young age encourages them to make lifelong healthy eating choices.

THE FRESH FRUIT AND VEGETABLE PROGRAM ASSISTS SCHOOLS IN MEETING THE HEALTHY CPS REQUIREMENTS FOR NUTRITION EDUCATION.

TO LEARN MORE ABOUT GETTING YOUR SCHOOL TO BECOME HEALTHY CPS PLEASE VISIT THE OFFICE OF STUDENT HEALTH AND WELLNESS KNOWLEDGE CENTER PAGE

## PROGRAM GUIDELINES

As a USDA and ISBE sponsored program, there are strict guidelines that must be followed when executing this program. Please consider the following when committing to participate:

1. Samples must be made available to all students in the school including Pre-K (if applicable).
2. Samples may **not** be served during or in conjunction with the school meal program (School Breakfast or National School Lunch Programs). Produce does not need to be served to all students at the same time.
3. Sampling **must** take place **during the regular school day**. (i.e. samples cannot be handed out at the end of the day for students to eat on the way home or at home).
4. Sampling **must** be accompanied by a nutrition education lesson. (Each week you receive nutrition education worksheets via email and a hard copy accompanies the samples).
5. Teachers are encouraged to participate in the program with students but samples are should not be made available to parents or other staff in the building.
6. Delivery days may vary on weeks with days where there is no student attendance. Please look for additional guidance in the weekly emails.
7. If you come across issues with the product that is delivered to your school, please send a picture of the product, the number of cases effected, and your school name to [food@cps.edu](mailto:food@cps.edu).
8. For additional information, please view the FFVP [webinar](#) or email [food@cps.edu](mailto:food@cps.edu).