

Fresh Fruit and Vegetable Program Training

Activities Guide



**Texas Department Agriculture
Food and Nutrition Division**

Revised – July 2011

Application Implementation Plan Activity

Proposal & Program Integration

Provide details about how your school intends to implement the program

The FFVP must be integrated with the school's other efforts to promote sound health and nutrition, reduce overweight and obesity, or promote physical activity. **How** will the FFVP be integrated with other efforts to promote good health?

Under the FFVP, free fresh fruits and vegetable snacks must be provided to students at least two days per week, during the school day but not during lunch or breakfast service. **When** (days of week and times of day) will the fresh fruit and vegetable snacks be available to students?

Schools can offer the FFVP to children through a variety of distribution methods, including inside classrooms, in hallways, inside the nurse's and school's office, at kiosks, in free vending machines, or as part of nutrition education activities. **Where** will the fresh fruit and vegetable snacks be available to students?

Schools are encouraged to develop partnerships to help implement the program, such as with local universities, extension services and local grocers. **Who** (if anyone) will partner with your school to implement the program?

Scavenger Hunt Activity

Instructions: Use the USDA Handbook to answer the following questions

1. List at least two ways that schools can distribute fresh fruits and vegetables to students.
2. What time of day can fruits and vegetables be served?
3. How can school/business partnerships benefit your program?
4. How can schools incorporate nutrition education in their program?
5. How often can you cook fruits and vegetables?



Food and Nutrition Division

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Education, Exercise and Eating Right

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