



# Fresh Fruit and Vegetable Program

## Idaho School Nutrition Reference Guide

### OVERVIEW

The Fresh Fruit and Vegetable Program (FFVP) provides all children in selected elementary schools with a variety of fresh fruits and vegetables during the school day at no charge to the student. The FFVP also encourages schools to develop partnerships at the State and local level for support in implementing and operating the program.

To be selected for a FFVP grant award, a school must be an elementary school, participate in the National School Lunch Program (NSLP), have more than 50% enrolled students eligible for free/reduced-priced meals, and complete an annual application. Schools are selected to receive funding through a competitive application review process.

All schools that participate in the FFVP are required to widely publicize the availability of free fresh fruits and vegetables.

### TERMS TO KNOW

**Administrative costs** – School administrative costs are documented expenses related to planning the program, managing the paperwork, obtaining needed equipment, and all other aspects of FFVP not related to the preparation and service of fruits and vegetables.

Administrative costs are limited to 10 percent of the school's total FFVP grant award.

**Fresh Fruit and Vegetable (FFVP) reimbursement** – Schools submit a monthly claim for the cost of making fresh fruits and vegetables available to students during the school day.

**Operating costs** – School operating costs are documented expenses related to acquiring, delivering, preparing, and serving fruits and vegetables.

**Per student allocation** – By regulation, the state must award a per-student allocation of \$50-\$75 per year to schools selected to operate the FFVP.

**School application** – Each school must complete a FFVP application annually to be considered for participation in the program. States must solicit applications from elementary schools representing the highest need within the state.

**Site selection** – Schools participating in the NSLP with the highest free and reduced price enrollment must be given priority for participation in the FFVP. This is the key selection criterion, which ensures that the program benefits low-income children that generally have fewer opportunities to consume fresh fruits and vegetables on a regular basis.

Targeted school selection – States must conduct outreach to their neediest schools before they select any school for participation in the program.

## **WHAT IS THE FRESH FRUIT AND VEGETABLE PROGRAM?**

The FFVP is an effective and creative way of introducing fresh fruits and vegetables as healthy snack options. Each school has the flexibility of scheduling the FFVP at any time during the school day, outside of meal service, and is responsible for ordering any fresh fruit and vegetable that the children would like to try. The FFVP is for all the children who normally attend the school site. Any child who is considered a member of the school and who is present during the service of fruits and vegetables may participate.

The FFVP provides an opportunity to incorporate nutrition lessons along with the service of the produce. Only teachers who are directly responsible for serving the fruit or vegetable to their students in a classroom setting may partake of the fruit and/or vegetable as teachers can play a valuable role in modeling positive eating habits by consuming fruits and vegetables along with their students.

The fresh produce served should be presented in such a way that it will be easily identified or recognized for what it is or from its whole form. Sponsors participating in the FFVP encourage children to enjoy fresh fruits and vegetables as they are. Children should be able to connect to fruits like juicy, ripe peaches and tart, crunchy apples, or vegetables like crunchy, sweet sugar snap peas, or asparagus.

When purchasing for the FFVP, the goal is to serve a variety of fresh fruits and vegetables in their natural state and without additives. Dicing and slicing into smaller pieces for ease of service, as well as the addition of ascorbic acid, is acceptable.

The FFVP provides schools the opportunity to purchase exotic fruits or vegetables that are not available locally or that are not domestically grown. When purchasing such items always follow proper procurement procedures and the Buy American provision.

The most successful distribution areas for the FFVP will be places where children can easily consume the fruits and vegetables. The techniques you use to distribute fruits and vegetables will depend on a number of factors. Consider grade level, maturity of your students, time available to eat the fruits and vegetables, time required for preparation and service of fresh fruits and vegetables, extra clean-up, garbage concerns, and staffing issues.

The Food, Conservation and Energy Act of 2008 amended the Richard B. Russell National School Lunch Act by adding section 19, the FFVP. The FFVP is a separate program from the NSLP and has distinct rules, regulations, and procedures. For more details regarding allowable costs, operating labor, and administrative labor please reference the FFVP Handbook for Schools (Dec. 2010) found on the Idaho State Department of Education, Child Nutrition Programs website

under School Meal Programs, Fresh Fruit and Vegetable Program. The handbook is also available under this reference guide section heading.

The FFVP does not allow:

- Processed or preserved fruits and vegetables (i.e., canned, frozen, or dried)
- Dip for fruit
- Fruit or vegetable juice
- Snack type fruit products such as fruit strips, fruit drops, fruit leather
- Jellied fruit
- Trail mix
- Nuts
- Cottage cheese
- Fruit or vegetable pizza
- Smoothies
- Fruit with added flavorings including fruit that has been injected with flavorings
- Carbonated fruit
- Most non-food items, except those allowed under administrative/operational costs
- Service of the fruits and vegetables to be taken home

## **WHY IS THE FRESH FRUIT AND VEGETABLE PROGRAM IMPORTANT?**

The FFVP introduces school children to a variety of produce that they otherwise might not have had the opportunity to sample. The goals of the FFVP are to increase students' consumption of fresh fruits and vegetables, to expand the variety of fruits and vegetables that children experience, to positively impact students' present and future health, and to create healthier school environments by providing healthier choices for students.

## **RESOURCES**

Additional resources may be available for this topic. Please check the Idaho School Nutrition Reference Guide website for copies of manuals, user guides, and helpful links to relevant subject matter.

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### **For Questions Contact**

Child Nutrition Programs  
Idaho State Department of Education  
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208 332 6820 | [www.sde.idaho.gov](http://www.sde.idaho.gov)

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