

## FFVP OFFICE ANNOUNCEMENTS EXAMPLES

**Office Staff** - During morning announcements, please read the appropriate nutritional information for the featured snack of the day.

**"The fresh fruit/vegetable snack of the day is":**

**BOUNTIFUL BLACKBERRIES:** These berries contain minerals that are essential for bone metabolism and the production of white and red blood cells in the body.

**BIG C BLOOD ORANGE:** These oranges are sweeter and have a more vibrant color than the orange you may be used to. But similar to the navel orange, blood oranges are good source of dietary fiber, and a great source of Vitamin C

**GOOD FOR THE BONES BROCCOLI:** Broccoli has as much calcium ounce per ounce as milk, it also contains all-important vitamin K, which improves the absorption of calcium, making it a double-hitter against bone diseases.

**CAN'T LIVE WITHOUT IT CANTELOUPE:** You don't know what you're missing until you try some. Boost your energy with the vitamin C inside cantaloupe! Your body can't store vitamin C so you need it eat every day.

**CRAZY COLORFUL CARA CARA ORANGES:** Cara Cara oranges are a good source for vitamin A, vitamin C, fiber, potassium, protein and the carotenoid, lycopene, which gives them their pink color.

**X-RAY VISION CARROTS:** Want to keep your eyes strong? Grab some crunchy carrots. They are loaded with vitamin A to help keep your eyes healthy!

**OXYGEN POWER CAULIFLOWER:** What's crunchy, white and has folate that helps the iron in your blood carry oxygen to where it's needed? That's right - cauliflower!

**SEE-IN-THE-DARK-CELERY:** Celery contains vitamin A, which helps make chemicals that allow you to see better at night.

**BURST OF C CLEMENTINES:** provide an excellent source of vitamin C and flavonoids. They also offer a very good source of fiber, and a good source of B vitamins including vitamins B1, B2, and B6.

**CUCUMBER CIRCLES/SPEARS:** Did you know that cucumbers contain "phytosterols" - invisible helpers that keep your heart healthy? Go for the green and never peel it because the phytosterols hang out right next to the skin.

**POWER PUNCH GRAPEFRUIT** pack a punch that's hard to beat. It contains powerful antioxidants that help reduce the risk of heart disease and can significantly reduce cholesterol levels.

**DR. GRAPES:** Not only are grapes totally delicious, they're also full of vitamin C that helps your body heal itself when you get a bruise! Now that is "grape" to know!

**"THE CRUNCHER" JICAMA:** is a very versatile vegetable that contains a high amount of vitamin C, is low in sodium, and has no fat.

**KRAZY FOR KIWI:** Kiwi fruit is packed with nutrition. They are high in vitamin C, which boosts your immune system. They are also high in fiber, just two kiwis have more fiber than a bowl of bran cereal.

**K IS FOR KUMQUAT:** Delicious, sweet and tangy, the kumquat fruit has good levels of the B-complex group of vitamins such as thiamin, niacin, and folate, and what makes them super interesting is that you can eat the entire fruit including the peel!

**MANGO, THE KING OF FRUITS:** Keeps cholesterol in check, fights cancer, makes skin beautiful, regulates diabetes, promotes good eyesight, and helps digestion. What more can you ask for?!

**POWER-GIVING PEARS:** Did you know pears have lots of vitamin C and fiber? Give your energy a boost and eat a juicy pear!

**BRIGHT EYE PEPPERS:** Do you love your eyes? Then give them protection with beta carotene and vitamin C from peppers. These nutrients help keep the lens of your eye clear.

**VITAMIN C NECESSITY PINEAPPLE:** You know who lives in a pineapple under the sea, but did you know that pineapple is packed with vitamin C? Your body can't produce vitamin C on its own so be sure to get this important vitamin from food.

**PRICELESS PLUMS:** Plums are a good source of dietary fiber and help regulate the digestive system.

**PLEASING POMEGRANATE:** Pomegranate seeds pack a seriously big punch of health benefits. They're loaded with fiber, vitamin C, vitamin K and potassium.

**THREE C's RADISHES:** Radishes are good sources of vitamin C, calcium, and copper. Want even more nutrients? The greens are edible too!

**RADICAL RASPBERRIES:** Raspberries are not only a great source of fiber, packing 8 grams per 1-cup but they also provide more than half of the RDI for vitamin C, making this berry a perfect snack for improving your immune system and digestive support.

**SNAP PEAS PLEASE:** Sugar snap peas are a great source of Vitamin C, a powerful antioxidant to keep our body's cells healthy. It also boosts our immune system to help us fight colds, flu, and other illnesses.

**INFORMATION SUPER-HIGHWAY SNOW PEAS:** Do you like your iPod? Grab another kind of "pod"...snow peas in a pod! The vitamin A found in snow peas helps your nerves work and send information. So download some peas to your stomach.

**SHINING STAR FRUIT:** This star shaped fruit is rich in antioxidants, potassium, and vitamin C.

**STRAWBERRY DEFENDERS:** Strawberries are superheroes - they have phytonutrients (pronounced "fight-o-nutrients") that "fight" damage to your body's cells.

**TANGY TANGERINE:** Oranges much smaller sibling, might be small but it packs the punch with high levels of potassium. Potassium is necessary for proper functioning of the kidneys, muscles, nerves, heart and digestive system.

**HEALTH HELPER TOMATOES:** Don't be fooled by the size of these tiny tomatoes. They are mighty helpers for your immune system since they have vitamin C to keep you from getting sick.

**MR. FIX-IT WATERMELON:** Watermelon is made up of way more than just water. It has vitamin C and lycopene, with power to get rid of toxins in your body and repair your cells from damage.