



FACT SHEET

Fresh Fruit and Vegetable Program (FFVP)

FFVP's goal is to increase children's exposure to and consumption of a variety of fresh fruits and vegetables. The FFVP has shown to be a creative and effective way of introducing fresh fruits and vegetables as a healthy snack option and exposing children to fruit and vegetable varieties that they may never experience outside of school.

What is the FFVP

The FFVP is a grant opportunity for schools to provide children with fresh fruits and vegetables during the school day, at no cost to the children. The goal of the program is to promote the consumption of fruits and vegetables among school-aged children, educate students about the benefits of fruits and vegetables, and expose them to new varieties. Teaching children healthful eating habits may help promote a healthy school environment, improve student health and help combat the childhood obesity epidemic.

How Does the FFVP Funding Work

Each year, eligible schools can apply for the FFVP grant funds. Each school is allotted \$50-\$75 per student to fund the program. The money is used for the purchase of fresh fruits and vegetables to serve during the school day, separate from breakfast and lunch meals. Schools can also use grant funds to cover the cost of food preparation, equipment, and administration of the program.

How do Schools Apply

Elementary schools are selected for the FFVP annually, through a simple application process. Priority goes to schools with the highest free and reduced enrollment. Eligible schools are notified and receive information in February of every school year. The application requires a plan for preparing, implementing, marketing, establishing partnerships, education, and securing support for the FFVP. Interested schools must submit a completed application by the April deadline. Schools interested in applying are encouraged to begin preparing early in the school year. Do not miss out on this great opportunity to impact the health, education, and future of our children.

FFVP Quick Facts

- Colorado was awarded \$3.1 million to administer the FFVP in SY 2014-2015
- Colorado currently has 27 school districts and 143 sites participating in the FFVP
- Economic Research Service (ERS) indicates "children who eat more fruit tend to have a lower Body Mass Indices" ([USDA ERS](#))
- The FFVP ensures all participating children are able to receive a nutritious snack of fresh fruit or vegetables at no charge



Questions to Consider when Apply for the FFVP

- How many times per week will the program be offered?
- When and where will the program be implemented?
- How often will fresh fruits and vegetables be served? Is there support from the faculty, staff, community, principal, and superintendent to implement the FFVP?
- Do partnerships with local level farmers, grocers, health departments or extension services need to be established?
- Who will submit monthly claims for reimbursement?
- How will nutrition education be provided to students?
- Who will establish a monthly budget to assist in tracking FFVP funds?
- What will the implementation or operation plan look like to ensure FFVP guidelines are followed?

Where can I learn more?

To learn more about the Fresh Fruit and Vegetable Program visit:

- <http://www.cde.state.co.us/nutrition/nutriffvpp>
- <http://www.fns.usda.gov/ffvp>
- <http://www.fns.usda.gov/ffvp/ffvp-toolkit>
- <http://www.youtube.com/usdafoodandnutrition#p/a/u/0/STwSaDFgMWk>