

Parents and Guardians

Getting kids to eat more fruits and veggies is a challenge at home. Through this federally funded grant, we hope our students will learn to increase their fresh fruit and vegetable consumption both at school and at home.

What can you do?

Encourage students to sample every fresh fruit and vegetable offered in the program.

Be positive regarding produce served at school.

Talk to them about the benefits of healthy eating.

Ask them about their FFVP experience.

Eat fruits and vegetables of different colors at home—red, dark green, yellow, blue, dark purple, white, orange, and other brightly colored produce.

For more information on the benefits of fruits and vegetables, go to www.fruitsandveggiesmatter.gov

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotope, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter to USDA by: mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights 1400 Independence Avenue, SW Washington, D.C. 20250-9410 fax: (202) 690-7442; or email: program.intake@usda.gov. This institution is an equal opportunity provider.



Toombs County School Nutrition

USDA

Fresh Fruit and Vegetable Program



Fresh Fruit and Vegetable Samples for Toombs County Schools Students

Fresh Fruit and Vegetable Program



The goals of the FFVP are to:

- Create a healthy school environment
- Delay hunger between meals
- Help children learn healthier eating habits
- Broaden children's exposure to fresh fruits and vegetables
- Increase children's fruit and vegetable consumption
- Provide an opportunity for nutrition education
- Make a difference in children's diets
- Impact their present and future health
- Combat childhood obesity



What is the Fresh Fruit and Vegetable Program?

A USDA federally funded grant which provides samples of fresh, healthy fruits and vegetables to students.

When, Where, and Who?

All elementary students at Lyons Primary, Lyons Upper, and Toombs Central receive samples of fresh fruits and vegetables daily.

The samples are served in the classroom, between school breakfast and school lunch. They can not be served during breakfast or lunch.

The produce is prepared by the Toombs County School Nutrition Program staff and served by teachers & para-professionals

Food Safety

Fruits and vegetables are received, stored, prepared, and served under strict food safety rules and guidelines.

What kinds of fruits and vegetables will be served?

- ◇ Variety of fruits and vegetables
- ◇ Local produce when available
- ◇ Always fresh produce
- ◇ A minimum of one vegetable per week

Examples of Fruits: oranges, apples (all varieties), kiwi, star fruit, tangerines, nectarines, lemons, limes, pears (all varieties), bananas, grapes, melons, plums, and pineapple

Examples of Vegetables: squash, tomatoes, cucumbers, lettuces, broccoli, carrots, celery, cauliflower, and peppers



Toombs County School Nutrition

117 East Wesley Avenue
Lyons, GA 30436
(912) 524-3209
courtney.gay@toombs.k12.ga.us