

# Fresh Fruit and Vegetable Program (FFVP) Fact Sheet



## FFVP School Selection Criteria

- Be an elementary school
- Operate the National School Lunch Program
- Submit an application for participation
- Have 50% or more of its students eligible for free/reduced price meals
- The total enrollment of all schools selected in the State must result in a per-student allocation of \$50-\$75 per year

## To be selected your school must:

- Agree to make free fresh fruits and vegetables available to all enrolled children during the school day
- Widely publicize within the school the availability of free fresh fruits and vegetables
- Have documented support of the food service manager, principal, and district superintendent
- Serve a high number of low-income children

## To ensure the FFVP runs smoothly, your school must:

- Establish an implementation or operational plan for your school that addresses “who does what and where?” to ensure that all operational guidelines are followed. In addition, your school must develop a monthly budget to track expenditures
- Pay attention to program logistics, right from the start, to make sure food service and other school staff understand how the FFVP works
- Establish partnerships on a local level with grocers, Health Departments, or extension service. State or national level partnerships can also be very helpful.
- Incorporate nutrition education into the daily curriculum, preferably during the service of fresh fruits and vegetables
- Be familiar with proper handling and storage of fresh produce to prevent spoilage and loss
- Process reports on time, retain records, and comply with all other paperwork and reporting requirements

## A Variety of Distribution Methods:

- Inside classrooms
- In hallways
- Inside the nurse’s and school’s offices
- At kiosks
- In free vending machines
- As part of nutrition education activities

## The FFVP does not allow:

Processed or preserved fruits and vegetables (i.e. canned, frozen, vacuum packed or dried) as well as:

- Fruit leather
- Jellied fruit
- Trail mix
- Fruit or vegetable pizza
- Smoothies

## The FFVP limits:

- Dips for vegetables
  - If you choose to serve dip with vegetables, opt for low-fat, yogurt-based or other low-fat or non-fat dips. The amount used should be what is commonly noted as a “serving size” for condiments, as shown on Nutrition Facts Labels: 1 to 2 tablespoons.
- Service of “prepared” vegetables
  - Fresh (not canned, frozen or dried) vegetables that are cooked must be limited to once-a-week and always as part of a nutrition education lesson.

### **Operating Costs**

Operating costs are the costs of running your FFVP service. These are your documented expenses for acquiring, delivering, preparing, and serving fruits and vegetables. They include the FFVP portion of the goods and services your school pays for:

- Buying fruits, vegetables, low-fat or non-fat dips for vegetables
- Buying nonfood items like napkins, paper plates, serving bowls and trays, cleaning supplies, and trash bags
- Value added services such as pre-cut produce, ready-made produce trays, and delivery charges
- Salaries and fringe benefits for employees who do such tasks as washing and chopping produce, preparing trays, distributing produce to classrooms, setting up kiosk, restocking vending machines, and cleaning up

### **Administrative Costs**

Administrative costs are limited to 10% of your school’s total FFVP grant. Administrative costs are the documented expenses you have for planning the program, managing the paperwork, obtaining the equipment you need, and all other aspects of FFVP that are not related to the preparation and service of fruits and vegetables.

### **Questions can be directed to the Office of Child Nutrition and School Health**

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### **Outside Partners:**

- State and National affiliates of the American Cancer, Diabetes, Dietetic, and Heart Associations and School Nutrition Association
- Community Health Agencies
- County and State health and agriculture departments
- Dietitians and dietetic interns
- Extension agents
- Hospitals
- Local grocers and stores
- Vocational clubs
- Produce associations/commodity groups
- Nutrition trade associations
- Health associations
- Food distributors

### **Administrative costs include the FFVP share of:**

- Purchasing or leasing equipment such as refrigerators, coolers, portable kiosks, carts, and portable food bars
- Salaries and fringe benefits for employees who compile and maintain claims for reimbursement and other financial reports, plan and write menus, order produce, track inventory, and coordinate nutrition promotion activities

