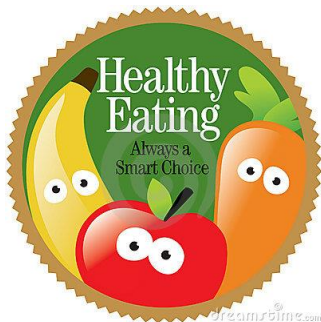


Fresh Fruit & Vegetable Program

We are excited to announce that Martinsville City Public Schools will be participating in the USDA Fresh Fruit and Vegetable Program (FFVP) for the 2020–2021 school year!

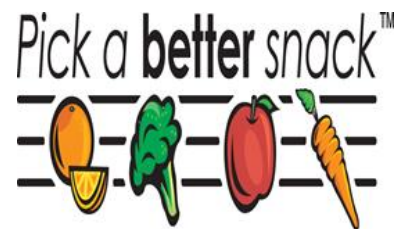
Program Description

The FFVP provides all students in participating schools with a variety of free fresh fruits and vegetables. It is an effective and creative way of introducing fresh fruits and vegetables as a healthy snack option. Students will get to try a fresh fruit or vegetable snack several days per week, at no cost to you! Students will also learn more about good nutrition habits through lessons, activities, and community partnerships.



How It Works

- Students will be served a fresh fruit or vegetable snack in the lunch meal delivery bags several days per week.
- Snacks are funded by the FFVP grant and are provided at no cost to students enrolled in the participating school. While our schools are following the virtual learning plan, all students participating in the meal delivery program will receive the FFVP snack.



Program Goals

- Create a healthier school environment by providing healthier food choices
- Expand the variety of fresh fruits and vegetables children experience
- Increase children's fresh fruit and vegetable consumption
- Make a difference in children's diets to impact their present and future health

What if my child is a picky eater?

Sometimes, a new food has to be offered several times before kids will try it, so students will be offered each fruit and vegetable multiple times throughout the school year. Learning nutrition facts about their food will help these items become more familiar over time. Our School Nutrition staff will prepare the produce in a child-friendly way, cutting vegetables into fun shapes or serving them with a healthy dip or dressing. Please encourage your child to try the new fruits and vegetables that are offered. They may just find a new favorite food!

