

THE FRESH FRUIT AND VEGETABLE PROGRAM



The Palm Springs Unified School District is proud to once again participate in the Fresh Fruit and Vegetable Program. This allows our Nutrition Services Department to offer additional fruits and vegetables to children in the community.

Parents may receive this additional produce at these Curbside meal distribution sites: Julius Corsini Elementary, Cabot Yerxa Elementary, Katherine Finchy Elementary, Cathedral City High School, Desert Hot Springs High School and James Workman Middle School.

This week's Fresh Fruit and Vegetable Program snack includes big blackberries and/or cherry tomatoes!

Did you know?

Blackberries turn from green to red to black when they're fully ripe. Blackberries have one of the highest levels of antioxidants of any food. These antioxidants can reduce the risk of some types of cancer. Blackberries also contain fiber and vitamin C.



What is the Fresh Fruit and Vegetable Program?

The Fresh Fruit and Vegetable Program (FFVP) is a federally assisted program providing free fresh fruits and vegetables to children at eligible elementary schools during the school day.

The goal of the FFVP is to introduce children to fresh fruits and vegetables, to include new and different varieties, and to increase overall acceptance and consumption of fresh, unprocessed produce among children. The FFVP also encourages healthier school environments by promoting nutrition education.

To learn more, visit the FFVP webpage: <https://www.fns.usda.gov/ffvp/fresh-fruitand-vegetable-program>.

