

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 large purple cabbage! Each cabbage weighs about 4 pounds! The cabbage was grown in California.

Purple cabbage is rich in vitamins C and K1, both of which are essential for building and maintaining strong, healthy bones. Purple cabbage also contains smaller amounts of bone-benefitting nutrients, such as calcium, manganese, and zinc.

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>.

