



Fresh Fruit and Vegetable Program Grant

Great news! Twin Rivers was awarded **20** Fresh Fruit and Vegetable Program grants for the 19/20 school year. Grant awards: Joyce, Kohler, Hagginwood, Oakdale, Sierra View, Allison, Village, Northwood, Fairbanks, Johnson, Del Paso Heights, Castori, Woodlake, Noralto, Madison, Babcock, Garden Valley, Pioneer, Smythe Elementary, and Woodridge.

This program is seen as an important catalyst for change in our efforts to combat childhood obesity. Offering our students a variety of fresh fruits and vegetables during the school day outside of meal programs supports the Nutrition Services mission statement...*to provide our students with high quality, nutritious foods that support lifelong healthy eating habits* and the District focus area of *Unparalleled Student Achievement*.

The goal of the FFVP grant is to:

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

To be selected for the FFVP grant:

- The district must participate in the National School Lunch Program and be in good standing
- Nutrition Services must submit an application for participation
- Fifty percent or more of the students at that site must be eligible for free/reduced-price meals
- Schools are chosen based on the percentage of free/reduced price students. The highest priority is given to schools with the highest percentages of low-income students, to the maximum extent practicable.

This program has been highly successful since we received our first grant in 2008. In 2010, Congress mandated that the program be evaluated nationwide, and in April of 2011, an evaluator from Abt Associates visited Northwood ES and Woodridge ES to conduct an extensive evaluation of the program.

The results of the study were that students in schools that participated in the FFVP ate one-third of a cup more fruits and vegetables than students who were in comparable schools that did not participate in the program. The researchers found that students who were in schools that participated in the program had more positive attitudes about fruits and vegetables. In addition, there was no statistically significant difference in the number of calories consumed between students in FFVP and non-FFVP schools, nor any evidence of differences in student consumption of other types of food.

"The increase in school children eating fruits and vegetables is important because children from socioeconomically disadvantaged families tend to eat fewer fruits and vegetables," said Susan Bartlett, a principal associate at Abt and the report's lead author. "This study shows that this program is making a difference in reaching students who are most in need."

**Thank you to all of the Principals and teachers who give that extra "something" to our kids to help improve their lives!
We look forward to offering this program for many years to come.**