

FFVP Do's and Don'ts

Allowable Fruit & Veggie Purchases

Do buy...

Fresh pumpkins to bake or roast seeds if accompanied by a nutrition lesson...



Don't buy...



Mini pumpkins to decorate for an art lesson

Grapes, pineapple, cherries, apricots or fresh figs...



Dried fruit and nuts, trail mix, fruit strips, rollups or fruit leathers

Fresh berries...



Frozen berry bars

Whole or half an apple...



Cups or tubes of applesauce

Low-fat, yogurt or non-fat dip for veggies...



Dip or sour cream for fruits

