**FFVP NEWS #2: Please Share**

**September 2014**  
  
The purpose of FFVP News is to provide brief reminders, updates and news that you can use to make your FFV program the best ever for your school. Throughout this eNEWS,I have embedded helpful links (in blue)  for you to click on to get more information on various [Fresh Fruit and Vegetable Program](http://www.fns.usda.gov/ffvp/fresh-fruit-and-vegetable-program)  topics and resources. Please click on these links! Also, PDFs of graphics, brochures, and presentations can be found at our website, hcnp.hawaii.gov.  
  
Once again, FFVP Coordinators, please forward this email to your librarian, reading specialist or curriculum coordinator so that they know about the resources that are available to help integrate Nutrition Education in all of the core subjects.   
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**1. KNOW YOUR FFVP VENDORS:** Your connection to Fresh Fruits and Veggies  
  
FFVP Vendors are your best resources to know what fresh fruit or veggie to order for your students. Listed below are produce distributors on each island. Your FFVP vendor knows what is in season so that the students are eating ripe, peak-of-the-season fruits and vegetables.  Vendors often have one page descriptions of each of their products, so don't hesitate to ask them to help you with Nutrition Education.  
  
As you procure your produce, remember that all purchases must be conducted in a manner that provides maximum open and free competition. Please get quotes for the same product from at least three (3) sources (distributors, grocery stores, wholesale stores, etc.)  to make sure that you are getting the highest quality product at the lowest possible cost. Also, be mindful that your total purchase does not exceed your school's small purchase limit. To brush up on your procurement knowledge, click[here](http://www.isbe.net/NUTRITION/ppt/ffvp-procurement-training13-14.pdf) for an excellent presentation from Illinois' Nutrition and Wellness Division.   
  
**Armstrong Produce**,**Armstrong Produce Kona, and Kula Produce:** armstrongproduce.com. Oahu: 808-203-6262, Kona: 808-331-2601, Maui: 808-871-6232  
**So 'Ono Food Products**: soonofresh.mobi, Nathan Okinaka, 808-833-3664  
**HPC**: hpcfoods.com, 808-841--8705  
**D. Otani Produce:** Oahu only. dotaniproduce.com, 808-832-9600  
**Ham Produce:** Oahu only. hamproduceandseafood.com, 808-842-7171  
**Joe Kim Kim Chee**, Oahu only. 808-845-8432  
**Finest Foods**: Oahu only. Derrick Shiraki, 808-848-0365  
**Watanabe Vegetable Processing**:  Maui only. Shirley Watanabe, 808-878-6747  
**Cal Kona**: Big Island only. calkonaproduce.com, Brent Sasaki, 808-322-6033  
**Hilo Produce**: Big Island only. Marlene Sanoria, 808-935-1106  
**Esaki Produce**: Kauai only. Earl Kashiwagi, 808-822-7722  
  
**BROCHURES AVAILABLE:** FFVP and Hawaii 5210   
  
An updated FFVP brochure is available at hcnp.hawaii.gov. Another excellent brochure promoting eating Five Fruits, Roots and Vegetables a day can be found at the Hawaii 5210 [website](http://www.hawaii5210.com/pages/brochures). Please link these brochures to your school website, or print out and distribute to your parents and school community.  
  
**3. FFVP EDUCATIONAL RESOURCES!** Books, Manipulatives and Interactive Games  
  
We are pleased to work with our education partner, Follett Library Resources to provide quality books to complement the Math, Science, Language Arts, Social Studies and Health curriculum your teachers are using. All FFVP schools should have received a Starter Box of books, manipulatives and interactive games. These resources may be buried somewhere in your library so please print out this flyer to see what was sent last June 2013. We hope your school will bring these resources and books out and create a Healthy Eating display/corner in your Library. Like all resources, if they are not used properly, they are being wasted.  
  
At the beginning of this school year, we ordered a total of 18 nutrition books. Additionally, we recently ordered a 5-item set of books called "How Fruits and Vegetables Grow." Jump down to the Teacher's Corner for some ideas on how to use this wonderful series of books.  
  
**4. HAWAII FARM TO SCHOOL CONFERENCE, OCTOBER 3:** Re-Growing Community Food Systems  
  
The USDA considers schools as "Nutrition Hubs" that provide access to healthy food for our nation's children. To learn how your school can join the powerful Farm to School and School Garden movement, please consider sending staff and faculty to the Hawaii Farm to School Conference on Friday, October 3, 7:30 am - 4:30 pm at Kamehameha Schools, Kapalama Campus. Scholarships are available. Click[here](http://kohalacenter.org/event/hawaii-farm-school-conference-re-growing-community-food-systems) for more information.  
  
**5. TEACHERS' CORNER:** How Fruits and Vegetables Grow  
  
Teachers have an excellent opportunity to talk to students while they are snacking about HOW fruits and vegetables grow and WHERE they are grown. To help teachers reinforce these concepts, HCNP has ordered  a 5-part series of books called "How Fruits and Vegetables Grow" for FFVP Schools. In Language Arts class, teachers and students can read each [book](http://www.amazon.com/s/ref=sr_st_relevancerank?keywords=how+fruits+and+vegetables+grow+Mari+Schuh&qid=1411160779&rh=n%3A283155%2Ck%3Ahow+fruits+and+vegetables+grow+Mari+Schuh&sort=relevancerank) that includes full-color photos and life-cycle diagrams of blueberries, tomatoes, lettuce, carrots and apples. Students will also realize that they are eating different PARTS of the plant, too, and can list other fruits and vegetables that are also roots, fruits, leaves, or stems.  
  
In Science class, teachers can take it a step further by using the Giant Magnetic Plant Life Cycles teaching [tool](http://www.amazon.com/Learning-Resources-Giant-Magnetic-Plant/dp/B006SDCCXG/ref=sr_1_cc_1?s=aps&ie=UTF8&qid=1411160940&sr=1-1-catcorr&keywords=Giant+magnetic+Plant+Life+Cycles) from Learning Resources that your school received from HCNP last year. To apply their knowledge, students can then create their own plant life cycle of the fruit or vegetable of their choice using online or non-fiction resources. To avoid duplication, have students choose an item that starts with a different alphabet. Don't forget to read "Eating the Alphabet" Fruits and Vegetables from A-Z, by Lois Ehlert.   
  
 Students learn better when they can see, touch, smell, feel and taste the fresh fruit and vegetable!    
  
**6. MAHALO:** Thank You's Are Always Nice!  
  
One of the goals of the Fresh Fruit and Vegetable Program is to expose children to a wide variety of produce that they don't normally eat at home. Richard Matsumoto, Kahului School Cafeteria Manager received precious letters from a 1st grade classroom that he passed along to HCNP. Here's one from Shylah that said it all!  Thank you's are always nice!  
  
Be healthy and well!

Jennifer Dang, MPH  
FFVP & Special Projects Coordinator  
Hawaii Child Nutrition Program (HCNP)  
650 Iwilei, Suite 270  
Honolulu, HI  96817  
Office: 808-587-3600  
Mobile: 808-224-0086  
jennifer\_dang@notes.k12.hi.us