**FFVP NEWS #4: FFVP for the Holidays
November/December 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.
 **FFVP COORDINATORS**, please forward this email to your cafeteria manager or whoever purchases produce for FFVP. Also forward this email to your school 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. FFVP FOR THE HOLIDAYS:** Tasty Greens and Reds

Although most of you have already ordered your produce for December, I hope you had fun thinking about all the wonderful fruits and vegetables you could order to get the kids into the Holiday mood. Creative FFVP coordinators purchase produce for its colors and cultural significance, and of course produce that are in season. Here’s a Fruit and Veggie [calendar](http://www.isbe.state.il.us/nutrition/pdf/ffv_calendar.pdf) to help you plan your FFVP year. Did you know that January 9 is National Apricot Day and March 11 is Johnny Appleseed Day? Have fun ordering a variety of fruits and vegetables, especially ones that are unusual and new to your children.

**SANTA REDS:** Cranberries, Pomegranate, Cherry Tomatoes, Rambutan, Raspberries

**DARK GREENS**: Snow Peas, Brussel Sprouts, Sea Asparagus, Bell Pepper

**CHRISTMAS:** Figs, Blood Oranges, Rhubarb

**NEW YEARS:** Mizuna, Persimmons, Tangerines
 **2. LEFTOVERS!:** Do’s and Don’ts

One of the most difficult tasks in administering the FFV program is to order the right amount. The FFVP Handbook does not specify minimum or maximum portion sizes, but on Page 16, states**: “One goal of the FFVP is to expand the variety of fruits and vegetables your students consume. Try “sample sizes” to introduce new items and then adjust your ordering accordingly.”** That means that when you try exotic items like sea asparagus or jicama, order just enough to have the kids SAMPLE the new taste.That being said, in assuring there are always enough for everyone, inevitably there will be left overs. Here is a list of Do’s and Don’ts regarding leftovers.

**DO:**

* Work with your vendor to order just enough for everyone. They are experts in knowing yields.
* Scale down in volume when introducing new and exotic produce. Order just enough to sample or taste.
* If you have refrigeration, serve the FV again after lunch or before the final bell.
* If you have refrigeration, save the FV for the next day.

**DON’T:**

* Leave leftovers in the Teachers’ Lounge.
* Package the FV in baggies and take the leftovers home
* Sell the leftovers.

**3. FFVP APPLICATIONS FOR SY15-16:** Applications for SY 2015-16 will be available mid-January.

 **4. TEACHERS CORNER: “**Apples, Cherries, Red Raspberries: What Is In the Fruits Group?”

FFVP schools were mailed this cute [book](http://www.amazon.com/Apples-Cherries-Red-Raspberries-CATegorical/dp/0761363858) by Brian Cleary. It provides dietary information for children ages 5-9 in accordance with the MyPyramid guidelines created by the USDA. The book’s rhymes and illustrations playfully define what a Fruit is: “The part of a plant that contains seeds. Fruits can usually be eaten. Most fruits taste sweet.” The book also explains that Fruits can be eaten dried, frozen, canned, juiced and baked and are high in fiber and vitamins. Find activities, games and more at [www.brianpcleary.com](http://www.brianpcleary.com).

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