



S U M M E R 2 0 1 2

# FFVP News

Fresh Fruit & Vegetable Program • Hawaii Child Nutrition Program

## 2012-13 FFVP SCHOOLS

### DOE Honolulu District

Anuenue • Kalihi Uka • Kalihi Waena •  
Kapalama • Kauluwela • Kuhio • Linapuni •  
Lincoln • Lunalilo • Palolo

### DOE Central District

Ka'ala • Solomon • Waialua

### DOE Leeward District

Ewa Beach • Nanaikaponu • Nanakuli • Pearl  
City • Waianae • Waikale • Waipahu

### DOE Windward District

Benjamin Parker • Kahalu'u • Laie • Waiahole

### DOE Hawaii District

Ha'aheo • Hilo Union • Holualoa • Honaunau •  
Honokaa • Hookena • Kalaniana'ole • Kaumana  
Kea'au • Kealakehe • Keaukaha • Keonepoko •  
Ke Kula O Ehunuiakimalino • Kohala • Mt. View  
Na'alehu • Pa'auilo • Pahala • Pahoia • Waiakea  
Waiakea-Waena • Waimea

### DOE Maui District

Haiku • Kahului • Kihei • King Kamehameha III •  
Lihikai • Makawao • Maunaloa • Paia/Kalama •  
Princess Nahienaena • Pukalani • Wailuku

### DOE Kauai District

Kapa'a • Kekaha • King Kaumualii • Koloa

### CHARTER SCHOOLS

Hawaii Academy of Arts and Science PCS \*  
Ka'umeke Ka'eo Hawaii PCS • Kamaile  
Academy • Kanu O Ka Aina New Century PCS •  
Ke Kula Niihau O Kekaha • Ke Kula O  
Nawahiokalani Opu'u Iki PCS • Kona Pacific  
PCS • Kualapu'u School • St. Catherine School •  
St. Joseph School • Volcano School of Arts &  
Sciences • Waters of Life PCS



## Kauluwela Principal Chooses Fresh Fruit & Vegetables Program

Gwendolyn Lee, Kauluwela Elementary School's determined principal of nearly 25 years, has always been an educational trendsetter. She implemented Core Knowledge curriculum back in 2003 and her school has consistently made Annual Yearly Progress even though her Title 1 school has a student body that is 80% English Language Learners and 83% free and reduced lunch eligible. In 2008, Mrs. Lee hired two part-time PE and Health teachers through funding from a Carol M. White PEP grant obtained by the McKinley Complex. Health teacher Lyra Giorgio and PE teacher Megan Omura are still on staff even after grant monies have ended because Mrs. Lee believes both curriculum areas are important, especially for immigrant children who are adapting to a new culture. The FFVP grant enables Kauluwela to serve extra fresh fruit or vegetable snacks at school and allows staff to reinforce healthy eating habits and integrate nutrition education within the curriculum.

### Inside FFVP News

#### 2012-13 Schools:

#### Page 1

List of 73 Hawaii DOE elementary schools receiving FFVP grants.

#### Nutrition & PA:

#### Page 2

USDA introduces School Day Just Got Healthier resources.

#### School Spotlights:

#### Page 3

Highlighting creative ways to implement FFVP.



the  
**School Day**  
just got  
**Healthier**

**PLAN AHEAD: Celebrate  
National School Lunch Week,  
Oct. 15 – 19, 2012  
“School Lunch – What’s Cooking”  
[schoolnutrition.org/nslw](http://schoolnutrition.org/nslw)**

## USDA NEWS: The School Day Just Got Healthier Campaign

Students can expect benefits from healthier and more nutritious food in school. Thanks to the [Healthy, Hunger Free Kids Act](#), major improvements are being made across the country to transform school food and to promote better nutrition and reduce obesity.

USDA is doing its part by making the meals 32 million children eat each day healthier, providing additional funds to schools that meet the new healthy meal standards, providing nutrition education resources, and recognizing schools leading the way in fighting obesity through its HealthierUS School Challenge. Learn more about the changes, take action within your schools and community, get on board with this exciting time in school meals!

The School Day Just Got Healthier [Toolkit](#), at [www.fns.usda.gov/cnd/healthierschoolday/toolkit.htm](http://www.fns.usda.gov/cnd/healthierschoolday/toolkit.htm), is a collection of resources including brochures, fact sheets, FAQs, fliers, school lessons, templates and much more, to help prepare everyone for the changes to school meals this school year. Download the campaign badge like the one above that you can use in your efforts to help spread the word!

There are a variety of key messages focusing on the new meal pattern standards and healthy eating geared towards parents, children, school food service staff, school administrators and the media. Here are samples of some of these messages:

- **Parents** – You have the power to encourage your children to build a healthy plate at home. Review the school menu with your kids and encourage them to try new foods and eat all the healthy foods offered.
- **Children** – Eating fruits and veggies of every color in the rainbow can help give you the different vitamins and minerals you need to soar through the day.
- **School Employees** – You make a difference every day when you offer nutritious food choices for students. Thank you for making the school day a healthy day for your students.
- **School Administrators** – Be a role model. Let students and staff see you making healthy food choices and being active every day.

Everyone plays an important and unique role within the changes to the school food environment. Understand the changes and messages, access the tools, and take action in your schools through these pages created just for you. Check out: [The School Day Just Got Healthier! Toolkit](#) providing resources and tools to help you learn and get involved with this exciting time in school meals.

# POTLIGHT: Healthy Schools

## Ala Wai Elementary School, Oahu

Hawaii joined the rest of the nation in celebrating USDA’s 150<sup>th</sup> Birthday on May 15 at Ala Wai Elementary School. Students assembled to meet representatives from several USDA departments, and were later able to plant commemorative Abraham Lincoln Heirloom Tomato Seeds for their school garden.



## Kalaniana’ole Elementary, Hawaii

Parent Community Network Coordinator Lorna Ganigan not only coordinates the FFV program for her school, she is also responsible for its implementation. She orders pre-cut fruits and vegetables from Cal-Kona, and organizes parents and grandparents to deliver the snack in ¼ cup or 3 oz portion cups to classroom teachers. Her students and volunteers both “love the program,” says Lorna.

## Pearl City Elementary, Oahu

FFVP Coordinator, Robyn Andrade, shared samples of Grades 3 and 4 FFVP implementation plans. By integrating health education with FFVP, Grade 3 students learn about the nutritional benefits of the fruit and vegetable they eat for snack. Grade 4 ties FFVP to their Migration Unit and taste sample some of the plants Polynesian.



Hawaii.

## Palolo Elementary, Oahu

Mindy Jaffe, the “Waikiki Worm” lady, reported that Palolo Elementary’s industrial-size worm bin is healthy and productive because of the fruit and vegetable peelings it receives from the school’s FFV program. FFVP schools can apply for a \$1,000 grant from the Kokua Hawaii Foundation to purchase a bin, like the one here at Hongwanji Mission School, to integrate FFVP with sustainability, science and environmental education lessons.



*Hongwanji Mission School 4th graders feed and care for their Pipeline colony, now in its third year of successful operation*



## Your FFVP Team

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We are here to help YOU implement FFVP successfully in your school.



## Call us anytime!

*"We realize that our students feel better, perform better and are generally healthier when they eat a fresh fruit or vegetable snack between breakfast and lunch. For tangible, measurable proof, our testing scores went up."*

*A 2012 FFVP School*



**HAWAII  
CHILD  
NUTRITION  
PROGRAMS**

**This institution is an equal opportunity provider.**

**FFVP-Fresh Fruit & Vegetable Program  
Hawaii Child Nutrition Program**

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