**FFVP NEWS #3: FFVP Buying Guide  
October 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. BUYING DO's & DON'Ts:** FFVP means Fresh  **2. BUYING LOCAL:** Support Local Farmers **3. BUYING FROM SCHOOL GARDENS:** Yes, but No for DOE schools **4. TEACHERS CORNER:** Kokua Hawaii Foundation's Fresh Choice Hawaiian Harvest  
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 **1. BUYING DO's & DON'Ts:** FFVP means Fresh   
  
Click on the PDF for a 1-page visual of what you can and cannot buy in the Fresh Fruit and Vegetable Program according to the FFVP Handbook, pages 15 and 16.  
Here are some simple rules for FFVP.

* FFVP produce must be fresh.
* FFVP produce must be eaten.
* Order a wide variety of produce that students don't normally eat at home.
* Be sure F&V are appealing and easy to grab. Fork and spoons are not necessary.
* Consider pre-cut fruits and vegetables in order to control labor costs or lack of storage space.

*(See attached file: FFVP Do's-Don'ts.pdf)*  
 **2. BUYING LOCAL:** Support Local Farmers  
  
You can support Hawaii's farm-to-school efforts by purchasing fresh fruits and vegetables from growers and farmers in your island community. In the past, FFVP schools purchased the following locally grown produce. From A-Z: apple bananas, cantaloupe, carrots, corn, dragon fruit, honey dew, kabocha, longan, lychee, mango, mangosteen, oranges, papaya, persimmon, pineapple, rambutan, star fruit, sugar cane, sweet potato (steamed or baked), tangerine, taro (steamed or poi), watermelon, zucchini.

Your local vendor can assist you in purchasing fresh local produce. Click [here](http://www.ctahr.hawaii.edu/sustainag/Downloads/seasonality_poster.pdf) to see the University of Hawaii College of Tropical Agriculture's chart that lists when local fruits and veggies are in season.  
 **3. BUYING FROM SCHOOL GARDENS:** Yes, but No for DOE schools

According to the USDA FFVP [Handbook](http://www.fns.usda.gov/sites/default/files/handbook.pdf) on page 33, schools CAN purchase fresh fruits and vegetables from their own school gardens or other school gardens using FFVP funds, as long as the funds accrue back to the school food service account. More specific information about school gardens and FFVP can be found in this [Policy](http://www.fns.usda.gov/sites/default/files/SP_32-2009_os.pdf). It is imperative that schools familiarize themselves with Federal, State and local requirements regarding health and sanitation issues. Currently, however, the DOE does NOT allow DOE schools to purchase fresh fruits or vegetables from their school gardens.  
 **4. TEACHERS CORNER:** Kokua Hawaii Foundation's Fresh Choice Hawaiian Harvest

The Kokua Hawaii Foundation is an excellent community partner to Hawaii schools, especially FFVP schools! Through funding from the Hawaii Department of Agriculture Specialty Block Grant Program, their AINA IS (Actively Integrating Nutrition & Agriculture In Schools) program has designed the perfect tool to help teach nutrition and agriculture education featuring local produce.

During the next few months, we will be helping Kokua Hawaii Foundation distribute the Fresh Choice Hawaiian Harvest toolkit to as many Hawaii schools as possible. The toolkit includes Info sheets, prep guides and signage on 24 locally grown fruits and vegetables such as asparagus, avocado, cantaloupe and honeydew, cucumber, dragon fruit, green beans, guava, kalo, liliko'i, lychee and rambutan, maia, mango, orange, papaya, pineapple, spinach, star fruit, strawberry, tangerine, tomato, 'uala, 'ulu, watercress and watermelon! For more information on the Hawaiian Harvest, click [here.](http://www.kokuahawaiifoundation.org/HawaiianHarvest)

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