Hawaii Child Nutrition Programs



Goals

Program Goals:

Create healthier school environment
Expand variety of fruits & veggies
Increase fruit & veggie consumption
Make a difference in children's diets

Objectives

Program Objectives:

- Develop action plan
- Marketing the program in your school
- •Create Partnerships
- Develop Nutrition Education
- Budget management & claim procedures

A LITTLE FFVP BACKGROUND

2002 Pilot project
2004 Project expanded
2006 Another expansion
2008 FFVP expanded
nationwide

SELECTION PROCESS

Your school must:

- ✓ Be an elementary school serving grades K 6th grade
- ✓ Operate the NSLP
- ✓ Submit a yearly application
- Have 50% or more of its students eligible for free/reduced price meals

FFVP Schools:

- Receive funds based on an allocation of \$50 \$75 per student.
- Must submit a correct monthly claim on time.

 No additional FFVP funds will be provided; remember
 STAY WITHIN YOUR STUDENT ALLOCATION



Running a Smooth Program



Where do I start?

Refer back to your application.

Use your Fresh Fruit and Vegetable Handbook as a guide.

>Involve staff.

WHEN? Best times to serve..

 During the school day
 Multiple distribution times may be used

REMEMBER...

Fresh Fruit and Vegetable Program cannot be during the National School Lunch, the Breakfast Program, or as part of summer school sessions.

WHERE? Where do we serve? >Inside classrooms ≻Hallways >At kiosks >As part of the nutrition education activity

Promotion

No funds available for promotional activities
Check the internet for freebies!
Include the entire school community from parents to administrators

•Marketing is Key!

The more you are able to market the program the more successful your program will be



NIBBLES FOR HEALTH

Grow a Family Garden!

Gardening offers family fun. In a garden, you can be active, relax, and spend time together.

Growing vegetables or herbs teaches children that plants, like people, need food and water to grow and stay healthy. Caring for plants helps develop responsibility. It also builds self-esteem when kids see what they can grow!



A garden can teach your child about new foods. Kids usually taste what they grow!

What you need:

- · Containers for city gardens: milk and juice carton, empty cans, empty bleach bottle, dishpan, plastic bucket, fish bowl, bushel basket
- Garden plot: a 2-foot plot is big enough. Hint: Preparing soil is hard for young children.
- Child-size tools: watering can, hose, small shovel, old spoon and fork, small rake, digging stick, hoe and spade, sticks to label plants
- Seeds or seedlings (young plants)
- · Water for your hose or watering can
- Soil for container gardens
- · Fertilizer: compost, manure, chemical types



- Beets,* carrots,* cherry tomatoes.* collard greens.* cucumbers.* green beans,* herbs,* lettuce,* okra, onion,* peppers,* spinach, tomatoes, zucchini
- In windowsill pot: herbs, seeds to replant as young plants in the garden.

What would your child like to grow?

_Try them!



Provided

NIBBLES FOR HEALTH 33 Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

Grow a Family Garden!

"I Can Grow Things!"

Most kids are proud of what they grow. Even when gardening is messy, your child is learning. It is okay if the garden is not planted perfectly. He or she can help with almost any gardening task, such as:

- · Pick the vegetables or herbs we will grow.
- **Find** a sunny place.
- Make the soil ready in a container or in the garden.
- Plant seeds or small plants in the soil.
- · Water plants when they are thirsty.

No Garden?

Volunteer as a family to plant, help care for a community garden, or visit local farmer's markets.



fire escape, or balcony.





NIBBLES FOR HEALTH 33 Nutrition Newsletters for Parents of Young Children, USDA, Food and Nutrition Service

- Measure plants as they grow and vegetables form. Talk about it.
- Pick vegetables or herbs when they are ready.
- Wash the food.

• Pull the weeds.

- Make something to eat with your family. Use the food you pick.
- Eat and enjoy it!

Tip: In the city vegetables and herbs grow in a sunny place on the roof,

Provided by

Nutrition Education

What should I do in my school? Develop nutrition education activities that fit your students. Use free resources and educational materials.

Nutrition Education Cont.

- Adapt lesson plans to include nutrition education.
- Consult with FFVP partners to obtain no cost promotional items such as informational fliers, pamphlets, posters, banners, and buttons.

•Have students create fruit and vegetable posters to decorate classrooms and serving areas.

Food Service Ideas...

• Use table tents, displays, posters

- Invite local chefs to participate in food demonstrations
- Use vendors as resources
- Hold "Produce and a movie"
- Have a "mystery" fruit or veggie of the week
- Jazz up the names of your f/v menu items





FFVP Handbook Highlights



Only teachers who are directly responsible for serving the fruit or veggie to their students in a classroom setting may partake of the produce.



Nein! Den! Non! Bù! Không! A`ole!

 Processed or preserved fruits and veggies (canned, frozen, or dried)

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- Dip for fruit
- Fruit Leather
- Jellied Fruit
- Trail Mix
- Fruit or Vegetable Pizza
- Smoothies & Juice drinks

FFVP LIMITS

• Dips for veggies Must be lowfat Yogurt based o Serving size limited to 1-2 tablespoons • Service of "prepared" vegetables • Fresh vegetables that are cooked, must be limited to once-a-week and always as part of a nutrition education lesson

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"BUY AMERICAN"

- "Buy American" requirement applies to purchases made with FFVP funds
- Buy produce from your local grocery stores, farmers' markets, and local growers
- Schools must purchase to the maximum extent practicable domestically grown fresh fruits and vegetables

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To "Buy American" or Not to "Buy American"?

Situations

 The product is not produced or manufactured in the U.S. in sufficient and reasonable available quantities of a satisfactory quality

 Competitive bids reveal the cost of a U.S. product is significantly higher than foreign product



RESOURCES

USDA Fresh Fruit and Vegetable Program Handbook at : <u>http://hcnp.hawaii.gov Handbook Download</u>

USDA Fresh Fruit and Vegetable Program Toolkit: http://www.fns.usda.gov/cnd/ffvp/Toolkit/ FFVPtoolkit.htm

Hawaii Child Nutrition Programs: (808) 587-3600

University of Hawaii Cooperative Extension Service Nutrition Education for Wellness

http://www.ctahr.hawaii.edu/new/

Budget Management & Claims Procedures

