

## **What is the Fresh Fruit & Vegetable Program (FFVP)?**

The USDA's Food and Nutrition Services (FNS) administers FFVP at the federal level. At the State level, the FFVP is administered by the State Agency (OSSE), housed under the Division of Health and Wellness, School Programs Team. Selected schools in the District of Columbia receive reimbursement for fresh fruits and vegetables made available, free of cost, to students during the school day.

The FFVP provides the opportunity for schools to purchase fruits and vegetables that are not available locally or are not domestically grown, allowing for a wider variety of fruits and vegetables available for consumption. The FFVP can offer fruits and vegetables in sample-sized portions for children to try new produce that they may not have previously seen.

The goals of the FFVP are:

1. Create healthier school environments by providing healthier food choices
2. Expand the variety of fruits and vegetables children experience
3. Increase children's fruit and vegetable consumption
4. Make a difference in children's diets to impact their present and future health

## **Nutrition Education**

Nutrition education is a required component of participating in the FFVP. For many children in the District, the fruit and vegetables they are exposed to in school may be the only produce they will see that day. Nutrition education plays a critical role in familiarizing and educating children on the variety of produce available, and their short and long-term health benefits. Bridges' teachers, physical education instructors and garden coordinator all play an important role in teaching nutrition education.