

FRESH FRUIT & VEGETABLE PROGRAM

North Fork Elementary School is excited that we have received the Fresh Fruit and Vegetable Program (FFVP) again this year. This program provides all children at our school with a variety of free fresh fruits and vegetables 2-3 times per week. It is an effective and creative way of introducing fresh fruits and vegetables to our students as healthy snack options.

The goals of the FFVP are to:

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

The FFVP is seen as an important catalyst for change in efforts to combat childhood obesity by helping children learn more healthful eating habits. The FFVP introduces school children to a variety of produce that they otherwise might not have had the opportunity to sample.