



FFVP is for

Fresh Fruit and Vegetable Program

The USDA's Fresh Fruit and Vegetable Program (FFVP) provides all children in participating schools with a variety of free fresh fruits and vegetables throughout the school day. It is an effective and creative way of introducing fresh fruits and vegetables as healthy snack options.

This institution is an equal opportunity provider.



A is for Apple

Apples are red, green, yellow, or a combination of colors.



A great source of fiber

B is for Blackberry

Blackberries turn from green to red to black as they ripen.



Has one of the highest levels of antioxidants

B is for Broccoli

Broccoli is usually dark green.



High in fiber and vitamins C and K

B is for Blueberry

Blueberries are actually deep purple in color.



Full of fiber and vitamin C

C is for Carrot

Carrots can be orange, purple, black, red, white, or yellow.



**Full of fiber
and vitamin C**





C is for Cauliflower

Cauliflower can be orange, green, purple, yellow, or green.



Full of fiber and vitamins C and K

C is for Clementine

Clementines are deep orange with a smooth and glossy appearance.



Full of fiber and vitamins C and K

G is for Grapes

Grapes come in many colors, including green, red, black, yellow, pink, and purple.



An excellent source of vitamins C and K

G is for Green Beans

Green beans can be green, red, purple, or streaked.



An excellent source of vitamins A, C, and K

G is for Grapefruit

Grapefruit comes in white, pink, and ruby red.



Rich in vitamin C

H is for Honeydew

Honeydew melons have a yellow skin and green flesh.



Rich in vitamins A, B, C, and K

M is for Mango

Mangos ripen yellow, orange, red, and purple or a combination of colors.



Full of vitamins A, B, and C

N is for Nectarine

Nectarine fruit can be colored white, yellow, orange, and red.



High source of vitamins A, C, and fiber

O is for Orange

Oranges can be green, yellow, and orange.



High source of vitamins A, C, and fiber

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P is for Peach

**Peaches can come in two main flesh colors:
yellow and white**



An excellent source of vitamins A and C

P is for Pineapple

Pineapples are a greenish-yellow fruit.



Full of vitamins A, B6, E, K and calcium

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P is for Pumpkin

Pumpkins come in variations of orange, red, blue, and white.



An excellent source of vitamin A

P is for Plum

Plums can be black, purple, red, or yellow.



An excellent source of vitamins A, B, C, and K

This institution is an equal opportunity provider.

P is for Pepper

**Bell Peppers are red, orange, yellow, green
and even purple**



An excellent source of vitamins A, B, and C

P is for Pear

**Pears can be found in different colors:
green, red, yellow, gold, and brown.**



An excellent source of vitamins C and K

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S is for Squash

**Squash can be found in different colors:
green, orange, yellow, and brown**



Rich in vitamin C

S is for Sugar Snap Peas

Sugar Snap Peas can be green or purple.



An excellent source of iron, fiber, vitamin C and protein

T is for Tomato

Tomatoes can be green, white, red, yellow, orange, and pink.



An excellent source of fiber, vitamins C and K