## 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.





## B is for Broccoli

### Broccoli is usually dark green.



High in fiber and vitamins C and K





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

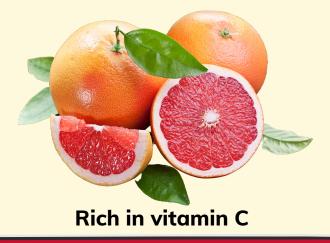
## Green beans can be green, red, purple, or

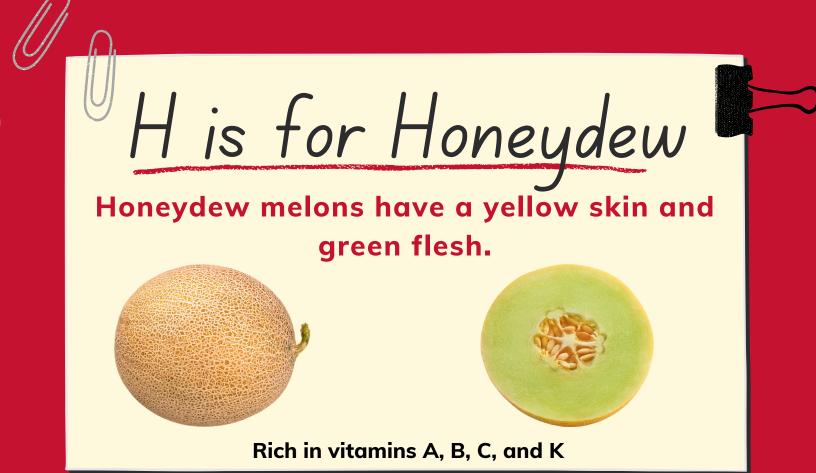
streaked.

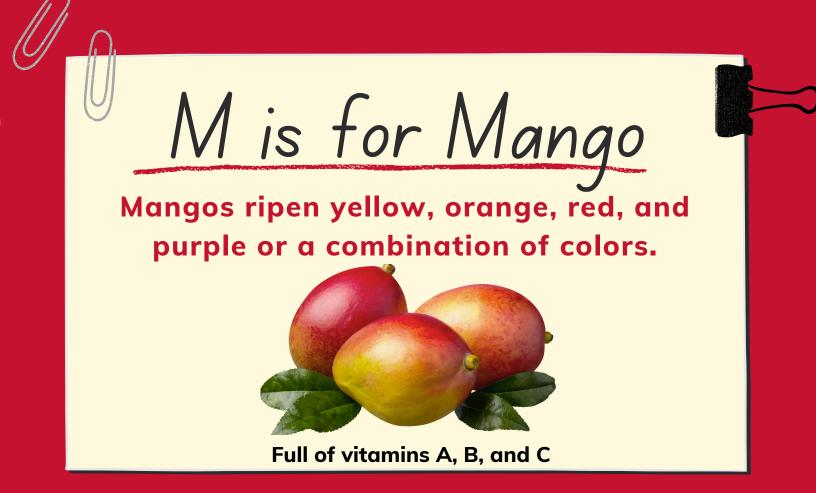
An excellent source of vitamins A, C, and K

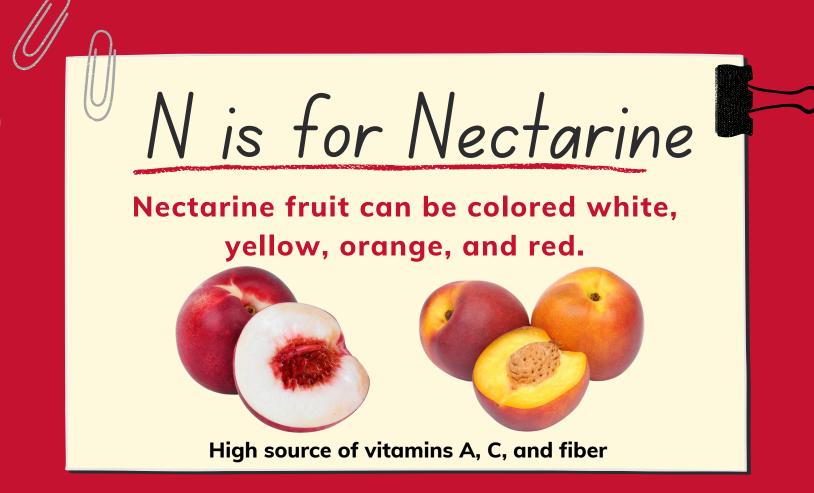
G is for Grapefruit

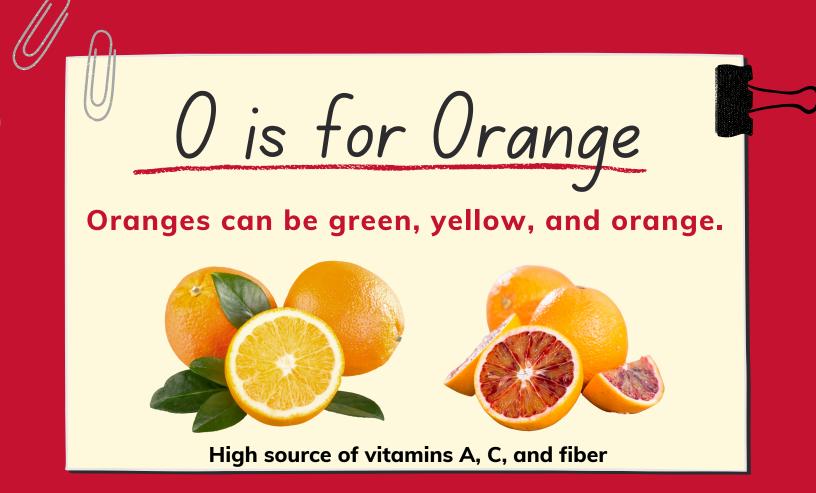
#### Grapefruit comes in white, pink, and ruby red.

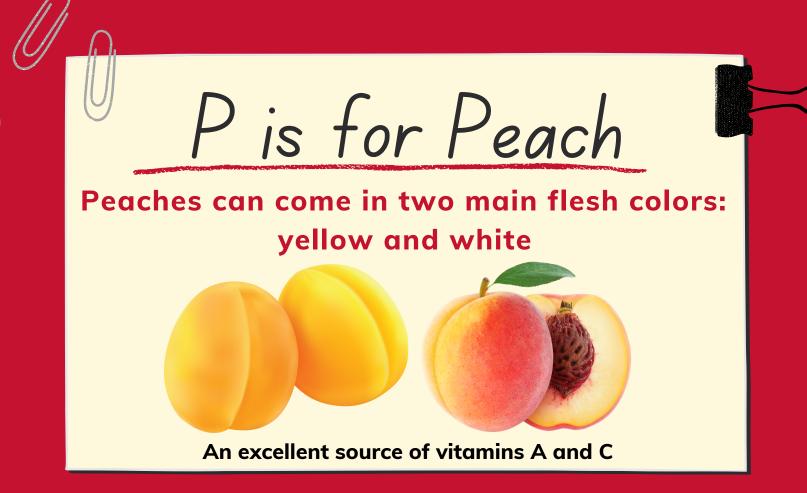














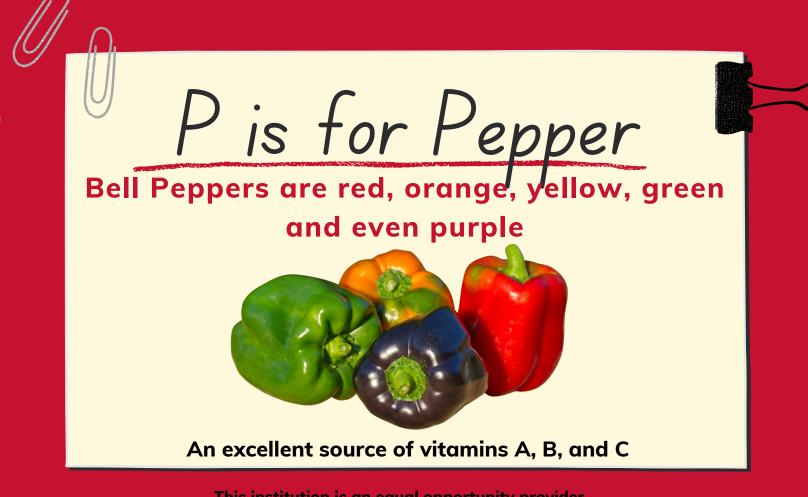


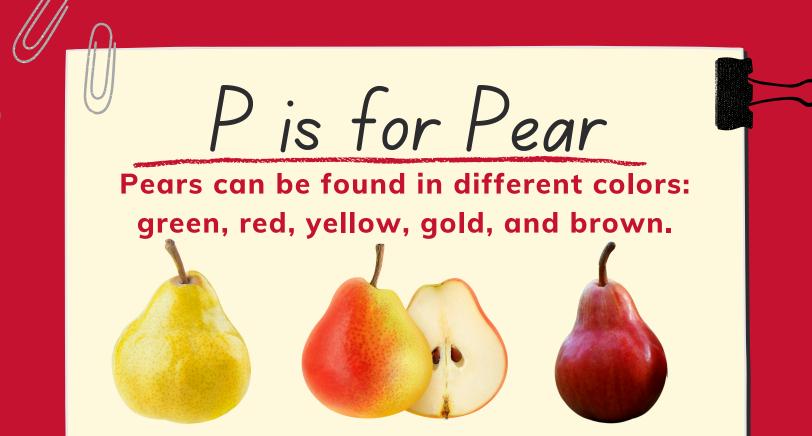
# P is for Plum

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



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





An excellent source of vitamins C and K





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



#### An excellent source of fiber, vitamins C and K