

Dear Educators:

Welcome back! This year West Fargo Public Schools is expanding the Fresh Fruit and Vegetable Snack Program and you will play a key role in its success! Eating healthy foods, including fruits and vegetables, will help your students stay strong, have energy, and do well in school.

Our goal is to purchase a variety of colorful and diverse fruits and vegetables for the Fresh Fruit and Vegetable Snack, but we need your help in engaging and educating students on healthy eating habits. There are many ways you can promote West Fargo Public Schools' Fresh Fruit and Vegetable Snack Program.

- Read a Fruit and Vegetable **Snack Bite** to your class before or during snack time. It provides a brief introduction to where the food came from with fun facts.
- Highlight where the food was grown using a map.
- Taste tests encourage students to use all of their senses when eating and it's a great way to increase their intake of fruits and vegetables.
- To go a step further check out the activity page. You will find a few ideas to enhance your daily lessons with Farm to School concepts.

Remember - **you are a role model** for your students. They look up to you, so get excited about the fruit or vegetable snacks and be sure to eat the fruit or vegetable snack with your students – even if it's just a bite.

Please be mindful of these guidelines regarding the program:

- The FFVP requires that we serve a variety of fruits and vegetables, not just the student favorites.
- Always distribute the snack in the suggested "sample-size" portion and limit waste. Students may be given additional portions in the classroom if available.
- Help your students develop good manners and hygiene by washing hands and disposing of garbage after the snack.
- The teacher directly responsible for serving the snack in their classroom is encouraged to eat along with the students, to show positive role modeling with healthy eating behaviors. The fruit or vegetable snack is not available to any other adult in the school.
- Leftovers should be returned to the kitchen after the snack is served. Whole items or untouched items can be re-used by cafeteria staff and served in the lunch program or placed on a cafeteria sharing table, if available.
- Communicate with cafeteria staff if you are consistently given too large or too small of quantities so we may adjust.
- Leftovers cannot be eaten by adults or taken home by anyone; no exceptions.

If you have questions about West Fargo Public Schools' Fresh Fruit and Vegetable Program, please contact me at any time.

Sincerely,

Dana Rieth, RD, West Fargo Public Schools Foodservice Director

