

## *Fresh Fruit and Vegetable Program*

The Paris Elementary School is participating in the Fresh Fruit & Vegetable Program (FFVP). PES has had the opportunity to be awarded the grant for this program year after year, since 2011. This program provides all students, kindergarten-4<sup>th</sup> grade, with a variety of free fresh fruits and vegetables throughout the school day. This is offered either after breakfast or after lunch. It is an effective and creative way of introducing fresh fruits & vegetables as healthy snack options.

The goal of the FFVP is to create healthier school environments by providing healthier food choices by expanding the variety of fruits & vegetables children experience, increase children's fruit & vegetable consumption and 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 program introduces students to a variety of produce that they otherwise might not have had the opportunity to sample.