

# Helping With Healthy Snacks



Student volunteers help to deliver snacks!

## Students, Staff, and Volunteers Come Together To Help With Healthy Snacks!

Providing students at Fisher Mitchell Elementary School with nutritious and delicious snacks is a group effort.



Custodian Mark Raymond coordinates volunteers after hours.

Fisher Mitchell School with the help of The Food, Conservation, and Energy Act of 2008, has been participating in the **Fresh Fruit and Vegetable Program.**

This is the second year of the program at Fisher Mitchell.

Elementary schools in the program offer free fruits and vegetables to students during the school day. The purpose of the program is to increase fresh fruit and vegetable consumption by children. Once they have tried new kinds of fruits and vegetables - they often discover they like them!

Eating fresh fruits and vegetables every day for snack helps children develop healthy eating habits.



Parent volunteers help to prepare the snacks!

The program relies on **VOLUNTEERS** to organize, prepare, serve, and clean up the snacks every day.