



August 13, 2019

Dear Parents and Guardians,

We are happy to announce that Rector Elementary School was selected to participate in the U.S. Department of Agriculture's (USDA) Fresh Fruit and Vegetable Program (FFVP) during the 2019-2020 school year.

The goals of this grant program are to:

- Create healthier school environments by providing healthier school choices.
- Expand the variety of fruits and vegetables children experience.
- Increase children's fruits and vegetables consumption.
- Make a difference in children's diets to impact their current and future health.

A fresh fruit or vegetable snack will be offered to your student 3 times per week. FFVP snacks will generally be served mid-morning or early afternoon.

Teachers will provide nutrition education activities in the classroom to increase students' knowledge of the health benefits of eating fruits and vegetables. The FFVP is an excellent way to supplement other wellness programs in the school that promote health, nutrition, and physical activity.

You can support your students' effort to increase his or her fruit and vegetable consumption in many ways. For example:

- Give your student options! Let your student choose which veggie to serve at dinner some nights.
- Keep fruits and vegetables where your student can see them, such as a counter.
- Take your student grocery shopping. Let your student assist in selecting a new fruit or veggie to try.
- Take your student to a local farmers' market and discover which fruits and vegetables are in season.
- Be a role model! If your child sees you eating fruits and veggies regularly, he or she will be more likely to eat them.

More information about the FFVP can be found at the Division of Elementary and Secondary Education. If you have questions, please contact me at msanders@rector.k12.ar.us or 870-595-3921.

Sincerely,

Mary Sanders,
Child Nutrition Director