



Office of the Food Service Director
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FRESH FRUIT AND VEGETABLE PROGRAM

Who: USDA, Chandra Turner/School Health Coordinator, Ron Adams & Food Services

What: Food Services will provide a FREE fruit or vegetable snack on Tuesday, Thursday and Friday.

We will also provide items for 2 classroom activities that teachers will conduct during the year as well as 1 school wide event annually. Please email Ron Adams to sign up for these special snacks.

Where: East End, Riverton, West, Presumpscot, Ocean Ave and King Middle Schools – 2,729 students and teachers!

Food Services will prepare INDIVIDUALLY PACKAGED snacks for each student. The snacks will be located in each kitchen area for class room pickup. (Some schools may elect to keep a tray per class room service)

When: Starting September 12th! Menus and info sheets posted on-line:
<http://www2.portlandschools.org/fresh-fruit-and-veggie-menu>

Why: To model healthier snack choices, to expose students to new fruits and vegetables, to increase consumption of fruits and vegetables!

What do we have to do?

Get the announcement out to your students!

Send students with your COUNT to pickup for the class from the kitchen;
Wash hands, wash desks, enjoy the snack!

Teachers should take part by enjoying the snack with their students, using the opportunity to encourage trying new foods (Mango, plums, mushrooms!) and to teach any nutrition education lessons from your curriculum.

More information and classroom activities can be found at:

www.fruitandveggiesmorematters.org/

www.mypyramid.gov

<http://peaches.nal.usda.gov/pubs/ethnic/NativeAmericanResources.asp>