

[NOTE TO FFVP SITE: Download and adapt this letter to meet your needs. Highlighted areas show places where the information should be customized. Place on school letterhead before sending.]

Dear Parents and Caregivers,

We are excited to announce that we will be participating in the Fresh Fruit and Vegetable Program this year. This federally funded program provides fresh fruit and vegetable snacks to students in the classroom. Snacks will be provided X times per week, delivered to your students' classroom. Snacks often include exciting and unusual varieties that may be new to your child.

This program provides students repeated opportunities to try fresh produce. These experiences may encourage your child to eat more fruits and vegetables at home.

Here are some things you can do at home to help your child make the most of this program:

- Review the weekly selections of fruits and vegetables served through FFVP. You can find this information here: insert how menu is shared with parents, if applicable
- Ask your child what they ate for their fruit and vegetable snacks. Ask them to describe the color, texture, scent, and flavor.
- Let your child add one fruit or vegetable to the grocery list each week. Encourage them to consider items they tried in their fruit and vegetable snacks at school.
- Try new recipes using the fruits and veggies sampled at school. Visit <https://go.umd.edu/eatsmart-recipes> and search by ingredient.
- When serving new fruits and vegetables at home, make it a special occasion: serve samples to everyone at the same time, discuss the color, shape, and scent of the item, then taste together. Describe the texture and flavor, and what each person does or does not like about the item.

Eating colorful fruits and vegetables every day can support your child in lifelong good eating habits, and can help them maintain good health.

For more information about the Fresh Fruit and Vegetable Program at our school, contact: Insert contact information

Sincerely,

FFVP Site Coordinator Name