



# EAT SMART PLAY HARD

## ESPH Video News

## Fresh Fruit & Vegetable Program

Children in many Kansas elementary schools are having the opportunity to enjoy a healthy fruit and vegetable snack during the school day. The Fresh Fruit & Vegetable Program (FFVP) provides all children in participating schools with a variety of free fresh fruits and vegetables throughout the school day. It is an effective and creative way of introducing fresh fruits and vegetables as healthy snack options and helping children develop more healthful eating habits.



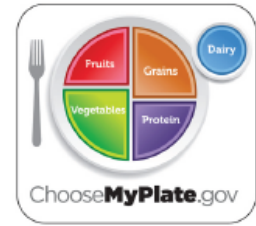
Participating schools (view school list at [www.kn-eat.org](http://www.kn-eat.org), School Nutrition Programs, What's New, FFVP Grantees) have been awarded a grant which provides reimbursement for the cost of making free fresh fruits and vegetables available to students during the school day. The fresh fruits and vegetables served in this program are provided separately from the lunch or breakfast meal, in one or more areas of the school during the official school day.

### Goals of the FFVP are to:

- create healthier school environments by providing healthier food choices. Kids are learning that fruits and vegetables make a healthy and delicious snack.
- expand the variety of fruits and vegetables children experience. The FFVP introduces school children to a variety of produce that they otherwise might not have had the opportunity to sample.
- increase children's fruit and vegetable consumption. Kids often need repeated exposure to a new food item before it is readily accepted. They are more likely to eat an item from this program when it is seen again at lunch or dinner.
- make a difference in children's diets to impact their present and future health. This program is seen as an important catalyst for change in efforts to combat childhood obesity.



For additional information on the Fresh Fruit & Vegetable Program in Kansas, visit [www.kn-eat.org](http://www.kn-eat.org) or contact Emily Nelson at [enelson@ksde.org](mailto:enelson@ksde.org).



**10 tips**  
Nutrition  
Education Series

**kid-friendly  
veggies and fruits**  
**10 tips for making healthy foods  
more fun for children**

**Encourage children to eat vegetables and fruits by making it fun.** Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

**1 smoothie creations**

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



**2 delicious dippers**

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



**3 caterpillar kabobs**

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

**4 personalized pizzas**

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

**5 fruity peanut butterfly**

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

**6 frosty fruits**

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

**7 bugs on a log**

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

**8 homemade trail mix**

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



**9 potato person**

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

**10 put kids in charge**

Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



## Active Communities



The way in which communities are designed and function can promote—or inhibit—physical activity for children and adults. Children’s ability to be physically active in their community depends on whether the community is safe and walkable. Good sidewalks, reasonable distances between destinations, and access to structured play opportunities can help improve the activity level of children on a regular basis.

### Actions Communities Can Take to Promote Physical Fitness:

- Start a conversation about childhood obesity. Bring together everyone who has a role - city offices, faith-based and community-based organizations, schools, parks and recreation departments, businesses, childcare facilities and hospitals. Then, work together to make neighborhoods healthier by creating opportunities for physical activity and access to healthy, affordable food.
- School districts, schools, local government, community-based organizations, and local businesses can partner together to create or enhance expanded day and after-school programs that incorporate physical activity.
- Programs like Safe Routes to Schools have proven an effective way to get students safely walking and biking to school. Children who walk or bike to school report being more physically active, including engaging in more moderate to vigorous physical activity, than those who travel by car, bus, or train.
- Even without dedicated funding, some communities have found creative ways to make travel safe for young people between homes and neighborhoods, schools, and after school activities. For elementary students, the "walking school bus" has been a successful model, in which adults walk to school with a group of students.
- Parks and playgrounds in a community can provide opportunities to run and play and may increase unstructured physical activity. If children can easily access safe parks and playgrounds in good condition, they are more likely to engage in recreational physical activity there.
- Children’s level of physical activity has been shown to increase when they participate in environmental education programs that promote outdoor activity. Children of all ages are healthier, happier, and have better social skills if they have frequent opportunities for free and unstructured play outdoors. For these reasons, children need to be encouraged to connect with the outdoors—places that can promote both physical and emotional health.
- Become a *Let’s Move!* City or Town. Every city and every town is different, and each requires a distinct approach to this issue. *Let’s Move! Cities and Towns* emphasizes the unique ability of communities to solve the challenge locally, aided by the crucial leadership of mayors and elected officials to provoke action.

Article Source: Let’s Move! ([www.letsmove.gov](http://www.letsmove.gov))



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This month's highlights include:

- Videos featuring USD 446 Independence, USD 259 Wichita, and USD 269 Palco
  - Eat Smart—Fresh Fruit & Vegetable Program
  - Play Hard—Kids Fitness Event
  - Taking It Home—Fruit and Veggie Bouquets
- Resources for parents and fun for kids
- And lots more news about healthy living at school and at home

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Child Nutrition & Wellness, KSDE

