

# The December Thymes

*A monthly resource to support and inspire your USDA Fresh Fruit and Vegetable Program!*



***In season fruit/vegetables to use for FFVP this month:***

- Apples (CS)
- Beets
- Beet Greens
- Brussel Sprouts (beginning of December)
- Cabbage
- Onions
- Parsnips



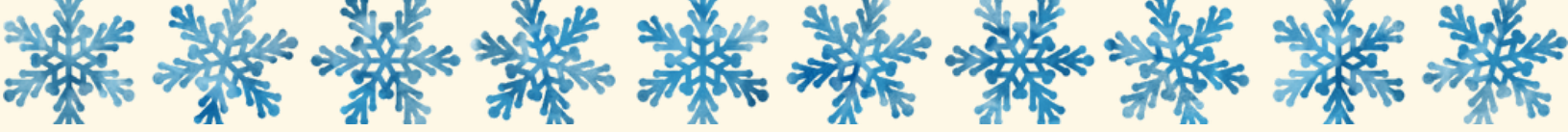
- Potato
- Pumpkin
- Rutabaga
- Salad Greens
- Spinach
- Swiss Chard
- Tomatoes
- Turnips
- Winter Squash

**December is Worldwide Food Service Safety Month. [Click here for a free resource regarding handling fresh produce in the classroom!](#)**



***Fun Fact:*** *Did you know that participating students in FFVP eat more fruits and vegetables compared to the students who are not participating in the program? The FFVP is a great opportunity to educate, encourage, and create lifelong healthy eating habits.*

***Happy Holidays from the Office of Nutrition Programs & Services***

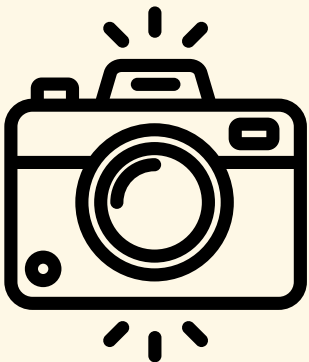


## FFVP Friendly Reminders:

- FFVP *must be served a minimum of 2 days per week*. We strongly encourage you to provide more if possible!
- FFVP *must be served during the school day*; however, not during breakfast, lunch, school functions, before or after school, or during summer break.
- *Cooked vegetables can only be served for FFVP 1 day per week*. With the cooked vegetables there must also be educational materials provided. The other days FFVP is being served must be raw vegetables.



**[Click here to access free educational resources to strengthen your FFVP program!](#)**



**Share FFVP photos, taste tests, or program stories with us! Email Amy McGregor (Amy.L.McGregor@doe.nh.gov)**