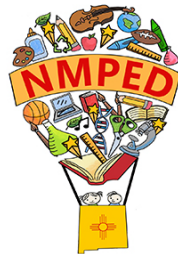


FRESH FRUIT & VEGETABLE PROGRAM (FFVP)



Student Success and Wellness Bureau
NMPED

Fresh Fruit & Vegetable Program

A federally assisted program aimed at increasing children's acceptance and consumption of FRESH fruit & vegetables by providing a variety of free produce to students at participating elementary schools during the school day.

FFVP GOALS

Increase the variety of fresh produce that children experience.

Teach kids to enjoy unprocessed produce and increase consumption.

- It can take up to 15 exposures to a new food before acceptance is enhanced.
- Pair old favorites with new produce.

Make a difference in children's diets to impact their present and future.

Help to encourage healthier food choices and eating habits.



Program Administration

School Selection Criteria

- Must be an elementary school
- Represent the highest percentage of students certified for free and reduced-price benefits
- Participate in the NSLP
- Complete an annual FFVP application
 - Late or incomplete applications will not be accepted.
- **Funds are awarded are based on an allocation of \$50-\$75 per student**
 - Plan to spend your entire allocation
 - Grant funds are utilized to purchase fresh fruits and vegetables and cover program operations and administration.
 - FFVP funding operates on a federal fiscal year: Oct 1-Sept 30



School Selection Criteria



New Mexico PED reserves the right to remove a school's application from consideration when:

- The school fails to meet the deadline for application completion
- The school does not have the support of its administration
- There is concern with the school's administration of another Child Nutrition program
- If a school cannot properly operate the FFVP despite previous support and technical assistance offered from NMPED



DAILY OPERATIONS

WHAT, WHEN & WHERE TO SERVE

WHAT to Serve:

- VARIETY of FRESH fruits and vegetables in their *natural state* and *without additives*.
 - Introduce different varieties of apples, pears, melon, squash, peppers, etc.
 - The produce served should be easily recognized for what it is.
- The FFVP limits the service of “prepared” produce.
 - Cooked fresh fruit or vegetables to no more than once a week and ONLY when included as part of a nutrition education lesson.
- The FFVP limits serving dips with vegetables.
 - If dip for vegetables is provided, it must be fat-free, low-fat or low-fat yogurt-based.
 - Dips must be kept to “serving size” for condiments: 1-2 tablespoons



DAILY OPERATIONS

WHAT, WHEN & WHERE TO SERVE

WHERE

- Somewhere the fruit and vegetable snack can be consumed easily. Some places to serve might include classrooms, from carts or stands in the hallway, a special kiosk or outside

WHEN

- Outside of the NSLP and SBP meal service periods.
- Not before or after school.
- At LEAST twice a week
- May use multiple distribution times maximize participation.
- Not during summer school sessions.





Planning for Operation

Program Operations

Selected schools receive reimbursement for the cost of making free fresh fruits and vegetables (FFV) available to students during the school day.

- These FFV must be provided separately from the lunch or breakfast meal, in one or more areas of the school during the official day
- All schools that participate in the FFVP are ***required to widely publicize*** within the school the availability of free fresh fruits and vegetables



Program Operations

Establish who will be responsible for:

- Coordinating the Program/Communication
- Planning (menu & budgeting)
- Ordering and delivery
- School storage and distribution
- Clean up
- Claim submission



Program Operations

Principal –ensure program guidelines are met

Cafeteria Manager –prepare and deliver produce

Custodial staff –manage trash disposal

Nutrition team –create nutrition education materials

Teachers –provide nutrition education lessons

Media Specialist –announcements and newsletter

PTA Specialist –solicit volunteers for preparation and delivery



Program Operations

Your school decides when, where, and how you want to implement the FFVP, and what mix of fresh fruits and vegetables you want to offer to your children

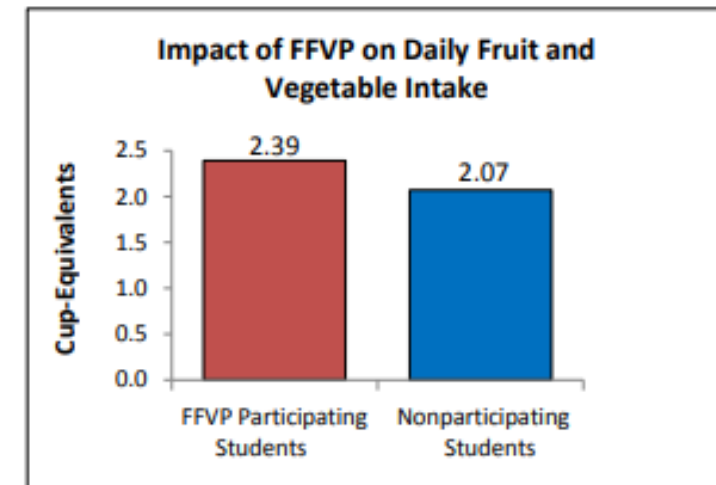
- ❖ Every effort to provide FFVs a minimum of twice a week as repeated exposure to new foods is a key to acceptance
- ❖ Try offer fun and exciting complementary nutrition education



Evaluation of the FFVP

Based on a study of the FFVP, results found that FFVP students consumed more fruits and vegetables than non-participating students.

- ❖ Students consumed approximately one-third of a cup more fruits and vegetables than non-participating students
- ❖ The 1/3 (0.32) cup increase consumed was mostly fruits (.26 cups) rather than vegetables (.06 cups).



Bartlett S., Olsho L., Patlan K.L., Blocklin M., Klerman J., et al. (2013). Evaluation of the Fresh Fruit and Vegetable Program (FFVP). Prepared by Abt Associates under Contract No. AG-3198-D-09-0053. Alexandria, VA: U.S. Department of Agriculture, Food and Nutrition Service. Project Officers: Karen Castellanos-Brown and Allison Magness. URL https://fns-prod.azureedge.us/sites/default/files/FFVP_Summary.pdf



Best Practices

The techniques you use to distribute fruits and vegetables will depend on a number of factors. Consider grade level, maturity of your students, time available to eat the fruit and vegetables, time required for preparation and service of fresh fruits and vegetables, extra clean-up, garbage concerns and staffing

- Remember to tell your student ***the name*** of the fresh fruit and vegetable given
- Offer FFVs as diced, sliced or cubed. This allows the chance for students to experience the taste or texture. Beware of choking hazards foods for young children (ex. grapes, cherry tomatoes)
- Fresh fruits and vegetables should not be given to students as they leave for the school day.



FFVP Production Record

School Food Authorities participating in the FFVP are required to complete production records



RESET

District:	NEW MEXICO School District
School Name:	Roadrunner Elementary
Month:	October
Prepared By:	
Partnerships (optional):	
Grade Level:	K-6

WEEK PERIOD	FRUIT/VEGETABLE SNACK (INCLUDE DIPS)	PORTION SIZE (1 each, 1/2 Cup, etc.)	LEFTOVERS (cases, lbs., itemized, etc.)	# SERVED		NUTRITION EDUCATION LESSON	SERVING TIME	COMMENTS
				#YOUTH	# ADULT			
10/3/23	Bartlett Pear	1 each-sliced		98	4		2:00pm	
10/5/23	Green Bell Pepper	1/2 cup		99	4		2:00pm	
10/10/23	Baked yellow squash	1/2cup		91	4	Yellow Squash Lesson	2:00pm	
10/12/23	Blood orange	1 each- Sliced		84	4		2:00pm	
10/17/23	Bosc Pear	1 each-sliced		95	4		2:00pm	
10/19/23	Ruby Red Grapefruit	1/2 each- Sliced		86	4		2:00pm	
10/24/23	Watermelon	1 cup- cubed		98	4		2:00pm	
10/26/23	Kumquat	1 each-diced		92	4		2:00pm	
10/31/23	Baked pumpkin	1/2 cup		92	4	Pumpkins-ICAN	2:00pm	

* An adult is defined as a teacher(s) who is directly responsible for serving the fruit or vegetables to their students in a classroom setting.

** Nutrition Education is a required component of the program.
This institution is an equal opportunity provider.



Teachers play a valuable role in modeling positive eating habits by consuming fruits and vegetables along with students

Only teachers who are directly responsible for serving the fruit/vegetable to their students in a classroom setting may partake of the fruit and/or vegetable

Utilizing Full Year Allocation

Establish a monthly budget to assist you in tracking funds and ensure timely expenditures of program funds

- Do not overspend: using all funds by mid-year and ending the program. Not enough time to introduce a variety of fresh fruit and vegetables.
- Do not underspend: not expending enough funds by end of school year. This could result in not being funded for the new program year.

FFVP should be presented every month throughout the school year

- This creates structure for students.

FFVP runs on federal fiscal year: October 1– September 30

- Best practice to expend 100% of current funds by June 30 so there is no question of “carryover.” There is some difficulty due to difference of federal and state fiscal years.



FFVP Claims

FFVP Claims

Claim Information

- ❖ Claims will be submitted on the [New Mexico Student Nutrition Portal](#)
- ❖ Reimbursement claims are due on the 10th, following the claim month
 - Example: October claim will open November 1st and be due November 10th
- ❖ Submit monthly claims showing monthly expenditures
 - Both invoices and an expenditure report must be attached to the claim
- ❖ Per USDA CFR 211.9(4)(c), School Food Authorities cannot submit more than one monthly claim at a time

Best Practice: Submit your FFVP
Claims along with your NSLP Claims

Allowable Expenditures

Operating costs

- Fresh fruits and vegetables
- Fresh (not canned, frozen or dried) vegetables not normally eaten raw can be cooked as part of a nutrition education lesson no more than once per week
 - Low-fat and non-fat dips for vegetables
- Non-food items
 - Delivery charges
 - Paper supplies: napkins, plates/boats, soufflé cups
 - Cutting boards and knives
 - Serving bowls and trays
 - Cleaning supplies
 - Trash bags
 - Small carts
- Wages/salaries and benefits for employees who perform program tasks such as washing, chopping produce, preparing trays, distributing produce to classrooms, setting up stations, vending machines, and cleanup

Most of the FFVP funds must go toward purchasing fresh fruits and vegetables.

Administrative costs

- Up to 10% of total grant award. Schools must not exceed this limit
 - Wages/salaries and benefits for employees who perform administrative tasks for the FFVP such as financial reporting, order produce, track inventory, writing menus, and coordinating nutrition promotion activities

Before approval of claim, some important parts are reviewed:

- Ensuring only allowable expenditures are claimed
- Delivery date matches claim month
- No unallowable expenditures are included

CUSTOMER'S ORIGINAL INVOICE		CONFIDENTIAL PROPERTY OF SYSCO							
DATE	CUSTOMER	INVOICE NUMBER	PAGE						
10/08/2023	015641	36645612	2 1						
TRUCK STOP									
ROUTE		PURCHASE ORDER. PLEASE DO NOT REFUSE							
3010		TERMS - PAST DUE BALANCES ARE SUBJECT TO SERVICE CHARGE							
		Net 45							
		MANIFEST# 220760 NORMAL DELIVERY							
		MA:							
DRIVER: ROGHA									
QTY	PACK	SIZE	ITEM DESCRIPTION	ITEM CODE	UNIT PRICE	TAX AMOUNT	EXTENDED PRICE	INVOICE ADJUSTMENTS	
								CODE QTY	
			PRODUCE						
5	CS	120LB	PACKER PLUM FRESH LEMON	7011447	56.00		280.00		
3	CS	137 LB	PACKER TANGELO MINNEOLA 100 SZ	3358009	47.11		141.33		
			GROUP TOTAL****				421.33		
ORDER SUMMARY				1135454					
CHARGE				SPLIT		NET DUE		CASH	
8				8		8.9		221	
8				8		8.9		221	
DRIVER'S SIGN				NO. PCS DELIV.		COST. VARIOUS GRADES INVOICE OF ALL ITEMS		NO. PCS REC.	
AS						X			
REMIT TO				SYSO NEW MEXICO, INC		PO BOX 25887		ALBUQUERQUE, NM 87125-5887	
SUB TOTAL								421.33	
TAX TOTAL									
INVOICE TOTAL								421.33	
PAYABLE ON OR BEFORE				10/25/23		LAST PAGE			

Unallowable Expenditures

❖ Food items

- Canned, frozen, dried, vacuum-packed fruits/vegetables or fruit/vegetable juice
- Fruits/vegetables with real or artificial flavorings and/or preservatives (except ascorbic acid)
- Fresh herbs served with fruit, however, fresh herbs may be served with vegetables
- Grapples, edible flowers, dried herbs, raw sprouts, commercially-prepared salsa
- Smoothies, parfaits, fruit or vegetable pizza
- No foods—such as peanut butter, cottage cheese, nuts, trail mix, or granola—can be served or claimed with fruits or vegetables

❖ Nutrition education materials or equipment

- Example: printing and crafting materials, posters, etc.

❖ School garden equipment

- Example: seeds, tools, etc.

❖ Classroom refrigerators

❖ Promotional items or marketing materials

- Includes postage

❖ Field trip activity costs

- Field trip transportation

❖ Charges for fuel surcharge



Late Submission

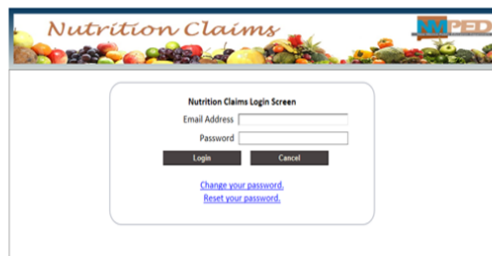
Claim Information

- ❖ Monthly claims for reimbursement shall be submitted by the SFAs to the State Agency not later than 60 days following the last day of the full month covered by the claim in accordance with CFR 211.9 of the proposed rule
- ❖ Claims not submitted within 60 days shall not be paid with program funds unless FNS determines that an exception should be granted

Entering Claims

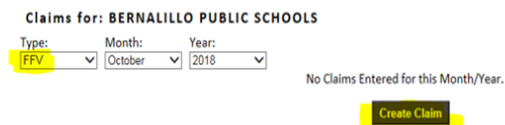
Entering Fresh Fruit and Vegetable Claims

1. Log in to Nutrition Claims



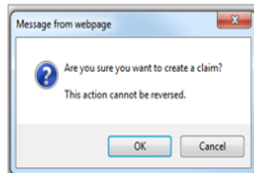
The login screen features a header with the text "Nutrition Claims" and a logo. Below the header is a form with fields for "Email Address" and "Password". There are "Login" and "Cancel" buttons. Below the form are links for "Change your password" and "Reset your password".

2. Select "FFV" from drop down menu and click "Create Claim"



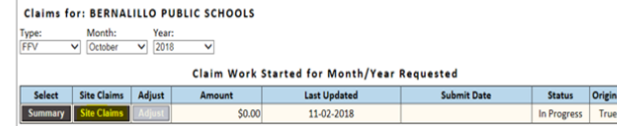
The form shows "Claims for: BERNALILLO PUBLIC SCHOOLS". It has dropdown menus for "Type:" (FFV), "Month:" (October), and "Year:" (2018). Below these is a "Create Claim" button. A message "No Claims Entered for this Month/Year." is displayed.

3. When you click "Create Claim", the system will ask if you are sure you want to create a claim. Click "OK" to proceed or "Cancel" to go back.



A dialog box titled "Message from webpage" with a question mark icon. The text inside says "Are you sure you want to create a claim? This action cannot be reversed." There are "OK" and "Cancel" buttons.

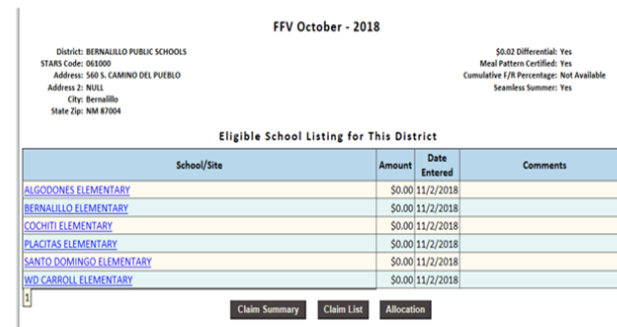
4. Now that the claim has been created, click on "Site Claim" to enter claim information for each site.



The table shows "Claims for: BERNALILLO PUBLIC SCHOOLS". It has dropdown menus for "Type:" (FFV), "Month:" (October), and "Year:" (2018). Below these is a table titled "Claim Work Started for Month/Year Requested".

Select	Site Claims	Adjust	Amount	Last Updated	Submit Date	Status	Original
Summary	Site Claims	Adjust	\$0.00	11-02-2018		In Progress	True

5. Click on each individual site to start entering claim information. For this example, Algodones Elementary was selected.



The page shows "FFV October - 2018". It includes district information for BERNALILLO PUBLIC SCHOOLS. Below this is a table titled "Eligible School Listing for This District".

School/Site	Amount	Date Entered	Comments
ALGODOONES ELEMENTARY	\$0.00	11/2/2018	
BERNALILLO ELEMENTARY	\$0.00	11/2/2018	
COCHITI ELEMENTARY	\$0.00	11/2/2018	
PLACITAS ELEMENTARY	\$0.00	11/2/2018	
SANTO DOMINGO ELEMENTARY	\$0.00	11/2/2018	
WD CARROLL ELEMENTARY	\$0.00	11/2/2018	

Buttons at the bottom: Claim Summary, Claim List, Allocation.

6. Check "Operating Expenses" to enter operating cost for Algodones Elementary.

Entering Claims

6. Check "Operating Expenses" to enter operating cost for Algodones Elementary.

FFV October - 2018

District: BERNALILLO PUBLIC SCHOOLS
STARS Code: 061000
Address: 560 S. CAMINO DEL PUEBLO
Address 2: NULL
City: Bernalillo
State Zip: NM 87004

\$0.02 Differential: Yes
Meal Pattern Certified: Yes
Cumulative F/R Percentage: Not Available
Seamless Summer: Yes

Eligible School Listing for This District

School/Site	Amount	Date Entered	Comments
<u>ALGODONES ELEMENTARY</u>	\$0.00	11/2/2018	
<u>BERNALILLO ELEMENTARY</u>	\$0.00	11/2/2018	
<u>COCHITI ELEMENTARY</u>	\$0.00	11/2/2018	
<u>PLACITAS ELEMENTARY</u>	\$0.00	11/2/2018	
<u>SANTO DOMINGO ELEMENTARY</u>	\$0.00	11/2/2018	
<u>WD CARROLL ELEMENTARY</u>	\$0.00	11/2/2018	

1

Claim SummaryClaim ListAllocation

☒ Operating Costs - Fruit/Vegetable/Other (Expenses for buying fresh fruit and vegetables. Including the labor needed for the service and preparation of the produce and non-food supplies)

- Fruits
- Vegetables
- Non-fat dip for vegetables only
- Nonfood supplies items like napkins, paper plates, serving bowls and trays, trash bags, etc.
- Labor cost for staff who prepare and serve the Fresh Fruit and Vegetable snacks

Operating Cost:

Save

7. Enter dollar amount in text box under each category and click "Save"

8. If the site has selected "Administrative Cost" in the annual application, an area to check "Administrative Costs" would be visible under Operating Costs.

9. Select each site for claim information

10. Once all sites have been entered, go to the "Claim Summary" page to submit your claim.

Entering Claims

11. Verify that all information is correct.

Claim Type: FFV

Current Claim Status: In Progress

District: BERNALILLO PUBLIC SCHOOLS
STARS Code: 061000
Address: 560 S. CAMINO DEL PUEBLO
Address 2: NULL
City: Bernalillo
State Zip: NM 87004

Date: 11/06/2018
Month: October
Year: 2018
Schedule: 6

School	Operating Total	Admin Total	Claim Total
ALGODONES ELEMENTARY	\$0.00	\$0.00	\$0.00
COCHITI ELEMENTARY	\$0.00	\$0.00	\$0.00
PLACITAS ELEMENTARY	\$0.00	\$0.00	\$0.00
BERNALILLO ELEMENTARY	\$0.00	\$0.00	\$0.00
WD CARROLL ELEMENTARY	\$0.00	\$0.00	\$0.00
SANTO DOMINGO ELEMENTARY	\$0.00	\$0.00	\$0.00

Claim was created by: KRISTINA FERNANDEZ On 11/2/2018 4:36:26 PM

Amount Claimed

Operating Total

Admin Total

Total

\$0.00

\$0.00

\$0.00

[Return to SFA Claims](#)
[Return to Site Claims](#)

Upload all supporting Fresh Fruit and Vegetable Documentation(s)

Browse...

Upload

No Documents on file.

Comments

WARNING: SCHOOLS WITH CLAIMS IS FEWER THAN TOTAL NUMBER OF SCHOOLS

Claim Subtotal

Amount SFA Received This Month

Amount SFA Paid This Month

SFA Total For Month

CLAIM/ADJUSTMENT AMOUNT IS ZERO

\$0.00

\$0.00

\$0.00

\$0.00

\$0.00

Submit

Void

Print THIS Screen

If you need assistance, please call SSAWB at (505) 827-1821.

Entering Claims

12. Before you can submit your claim, upload all supporting documentation for this claim. Click “Browse” to locate file(s) and then “Upload”.

Upload all supporting Fresh Fruit and Vegetable Documentation(s)

No Documents on file.

13. Once you have uploaded your document(s) and verified all information, click “Submit”

Claim Subtotal	\$0.00
Amount SFA Received This Month	\$0.00
Amount SFA Paid This Month	\$0.00
SFA Total For Month	\$0.00
CLAIM/ADJUSTMENT AMOUNT IS ZERO	\$0.00
<input type="button" value="Submit"/>	
<input type="button" value="Void"/>	

[View Allocation](#)

Claim Type: FFV

Current Claim Status: Submitted

District: NEW MEXICO SCHOOLS
STARS Code: 064562
Address: 1234 MAIN STREET
Address 2: NULL
City: 505
State Zip: NM 87123

Date: 11/08/2023 Month: OCTOBER Year: 2023 Schools: 5

School	Operating Total	Admin Total	Claim Total
ROADRUNNER ELEMENTARY	\$0.00	\$0.00	\$0.00
SUN ELEMENTARY	\$1,533.00	\$0.00	\$1,533.00
505 ELEMENTARY	\$1,764.00	\$0.00	\$1,764.00
YUCCA ELEMENTARY	\$0.00	\$0.00	\$0.00
MESA ELEMENTARY	\$2,415.00	\$0.00	\$2,415.00

Claim was Submitted by:ON 11/08/2023 10:30 am

Amount Claimed **Operating Total** \$5,712.00 **Admin Total** \$0.00 **Total** \$5,712.00

[Return to SFA Claims](#)

[Return to Site Claims](#)

Upload all supporting Fresh Fruit and Vegetable Documentation(s) No file chosen

Fresh Fruit and Vegetable Document(s)

		File Name	Last Updated
<input type="button" value="Select"/>	<input type="button" value="Delete"/>	Invoices and Expenditure Report ..pdf	11/08/2023 1:57:41 PM

Best Practice

-Ensure Current Claim Status reads “Submitted”, Not “In Progress”

-Attach the invoice(s) and expenditure report

-Print and file accordingly

View Allocation

View Allocation

1. To view allocation information, click "Allocation" from the site screen.

[Claim Summary](#)[Claim List](#)[Allocation](#)

2. Select site by clicking the link under the operating allocation to view allocation for the site.

SELECT SFA CLAIMS DIRECT CERT APPROVALS TRANSACTIONS PAYMENTS REPORTS ADMIN RATES LOG OUT

Fresh Fruit and Vegetable Program

Allocation Period: October through September

School/Site	Operating Allocation	Admin Costs?	Administrative Allocation	Total Allocation
ALGODONES ELEMENTARY	\$7,126.00	False	\$0.00	\$7,126.00
COCHITI ELEMENTARY	\$9,018.00	False	\$0.00	\$9,018.00
BERNALILLO ELEMENTARY	\$18,344.00	False	\$0.00	\$18,344.00
WD CARROLL ELEMENTARY	\$15,704.00	False	\$0.00	\$15,704.00
SANTO DOMINGO ELEMENTARY	\$10,162.00	False	\$0.00	\$10,162.00

1

Print THIS Screen

Return to SFA Claims

Return to Site Claims

3. This will display your remaining allocation and what has been claimed so far.

Fresh Fruit and Vegetable Program

Allocation Period: October through September

School/Site	Operating Allocation	Admin Costs?	Administrative Allocation	Total Allocation
ALGODONES ELEMENTARY	\$7,126.00	False	\$0.00	\$7,126.00
COCHITI ELEMENTARY	\$9,018.00	False	\$0.00	\$9,018.00
BERNALILLO ELEMENTARY	\$18,344.00	False	\$0.00	\$18,344.00
WD CARROLL ELEMENTARY	\$15,704.00	False	\$0.00	\$15,704.00
SANTO DOMINGO ELEMENTARY	\$10,162.00	False	\$0.00	\$10,162.00

1

ALGODONES ELEMENTARY (Total Allocation)

Year	Month	Operating Expense	Admin Expense	Claim Total	Claim Status
2018	October	\$0.00	\$0.00	\$0.00	In Progress

Remaining Operating Balance: \$7,126.00

Remaining Admin Balance: \$0.00

Print THIS Screen

Return to SFA Claims

Return to Site Claims

Recordkeeping/ Monitoring

Review all claims submitted to ensure:

- Majority of funds are used for fresh produce
- Equipment purchases are under 10%
- Labor and non-food costs are minimal

If selected for Administrative Review, the FFVP will be reviewed as well

Excessive corrective action and findings can limit participation in future FFVP years

Maintain full and accurate FFVP records in your files

- Your school must keep these for a period of five years (after the end of the fiscal year to which they pertain)



FFVP Resources



FRESH FRUIT & VEGETABLE PROGRAM

A Handbook for Schools

Resources– USDA

Review *Fresh Fruit and Vegetable: A Handbook for Schools*

- ❖ Print and/or Save on Desktop
- ❖ Review often with new School Nutrition staff
- ❖ [Fresh Fruit and Vegetable Program Resource Center | Food and Nutrition Service \(usda.gov\)](https://www.usda.gov/food-and-nutrition-service/fresh-fruit-and-vegetable-program-resource-center)

Review Student Success and Wellness Bureau's Fresh Fruit and Vegetable Program webpage

- ## FRESH FRUIT & VEGETABLE

OVERVIEW:

- Fresh Fruit and Vegetable Claim Submission Webinar
 - Fresh Fruit and Vegetable Claims Instructions
 - Notes for FFVP
- PowerPoint Presentation-FRESH FRUIT AND VEGETABLE (FFVP)
- Fresh Fruit & Vegetable Allocation SY 19-20
- Fresh Fruit & Vegetable Allocation SY 18-19
- Production Record
- Fresh Fruit & Vegetable Checklist——> Access the FFVP Handbook
- Fresh Fruit & Vegetable Educational Resource List
- Fresh Fruit & Vegetable Catalog
- Fresh Fruit and Vegetable Frequently Asked Questions
- Fresh Fruit & Vegetable Fact Sheet
- Fresh Fruit & Vegetable Handling Practices
- Fresh Fruit & Vegetable USDA Hand Book



Food Service Management Company Contracts

Resources

Seasonal Produce Guide – Nutrition Education Materials

- [Seasonal Produce Guide | SNAP-Ed \(usda.gov\)](#)

The screenshot shows the USDA SNAP-Ed Connection website. The header includes the USDA logo, the text "SNAP-Ed Connection U.S. DEPARTMENT OF AGRICULTURE", and navigation links: ABOUT, CONTACT US, FNS, USDA.GOV. A search bar is also present. Below the header, a dark green banner reads "Seasonal Produce Guide". Underneath the banner, a breadcrumb trail shows: SNAP-Ed > Resources > Nutrition Education Materials > Seasonal Produce Guide. A paragraph of text states: "This guide can help you explore different fruits and vegetables throughout the year. Seasonal produce in your area will vary by growing conditions and weather. Remember, fresh, frozen, canned, and dried: fruits and vegetables are a delicious way to make every bite count!". Below this text, a light gray box displays a list of produce items categorized by season. The "Spring" category is highlighted with a green dot and a right arrow. The produce items are listed in three columns: Apples, Apricots, Asparagus, Avocados, Bananas, Broccoli, Cabbage, Carrots, Celery, Collard Greens, Garlic, Herbs, Kale, Kiwifruit, Lemons, Lettuce, Limes, Mushrooms, Onions, Peas, Pineapples, Radishes, Rhubarb, Spinach, Strawberries, Swiss Chard, and Turnips.

An official website of the United States government [Here's how you know](#)

USDA SNAP-Ed Connection
U.S. DEPARTMENT OF AGRICULTURE

ABOUT CONTACT US FNS USDA.GOV

Search

HOME ADMINISTRATION TRAINING **RESOURCES** INFORMATION BY STATE SNAP-ED LIBRARY

Seasonal Produce Guide

SNAP-Ed > Resources > Nutrition Education Materials > Seasonal Produce Guide

This guide can help you explore different fruits and vegetables throughout the year. Seasonal produce in your area will vary by growing conditions and weather. Remember, fresh, frozen, canned, and dried: fruits and vegetables are a delicious way to make every bite count!

Spring →

Apples	Collard Greens	Onions
Apricots	Garlic	Peas
Asparagus	Herbs	Pineapples
Avocados	Kale	Radishes
Bananas	Kiwifruit	Rhubarb
Broccoli	Lemons	Spinach
Cabbage	Lettuce	Strawberries
Carrots	Limes	Swiss Chard
Celery	Mushrooms	Turnips

Service of “prepared” vegetables

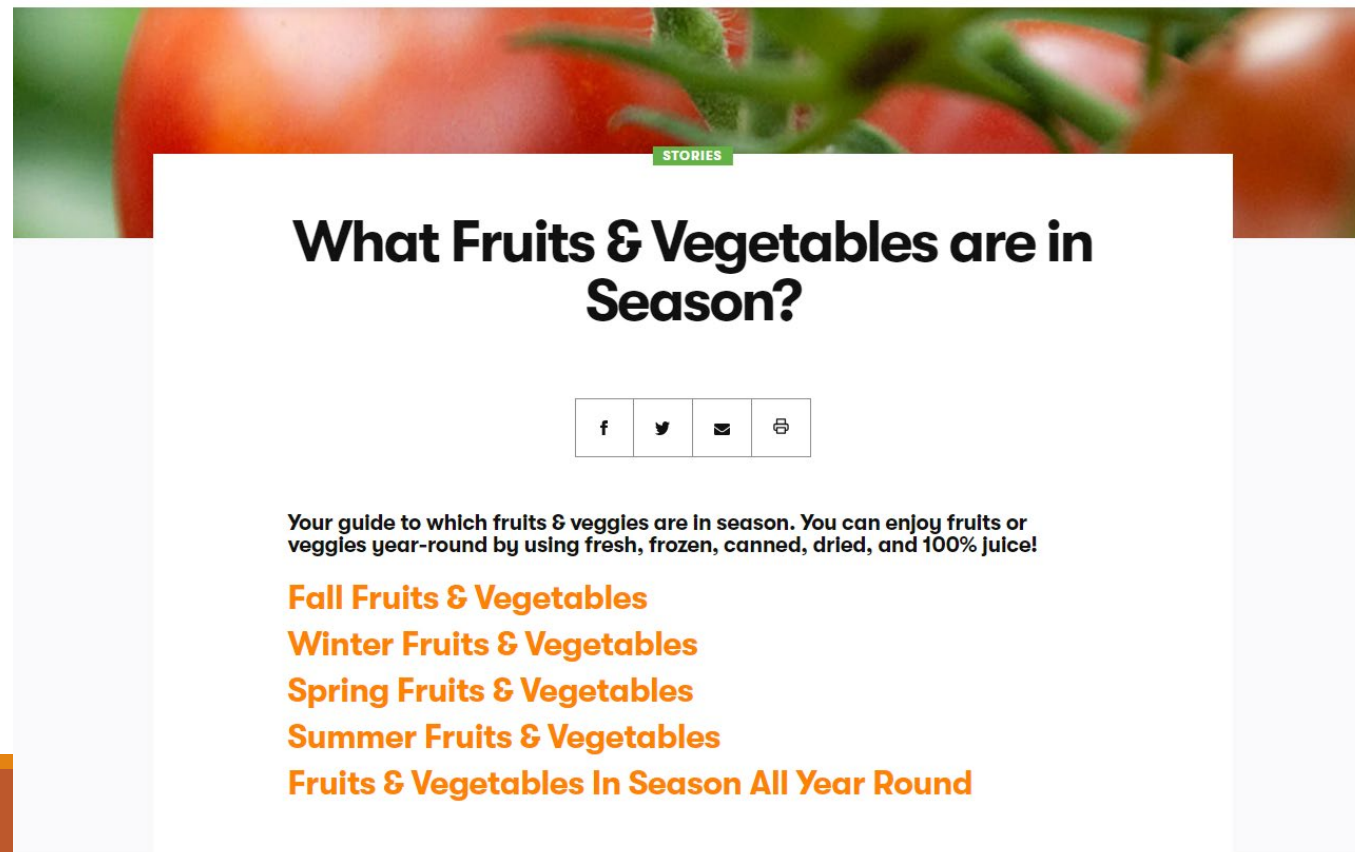
Fresh vegetables that are cooked, must be limited to once-a-week and must always include a nutrition education lesson related to the prepared item

Resources

Produce for Better Health

- [What Fruits & Vegetables are in Season? - Have A Plant \(fruitsandveggies.org\)](https://fruitsandveggies.org)

Fruits & Veggies F&V Inspo Recipes Expert Advice Contributors



Contact Information

Dara Livingston (505) 365-3124
dara.livingston@ped.nm.gov

Questions?

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/ad-3027.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1.mail:

U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410; or

2.fax:

(833) 256-1665 or (202) 690-7442; or

3.email:

Program.Intake@usda.gov

This institution is an equal opportunity provider.

