

Fresh Fruit and Vegetable Program

The Department of Agriculture's Food and Nutrition Service (FNS) administers the Fresh Fruit and Vegetable Program (FFVP) at the national level. Lourdes Catholic School was selected as one of the schools in Santa Cruz county to participate in the FFVP.

This program can be important catalysts for change in our efforts to combat childhood obesity by helping children learn more healthful eating habits. The FFVP has been successful in introducing school children to a variety of produce that they otherwise might not have the opportunity to sample.

In order to encourage students to eat healthier and more nutritious, avoiding unhealthy and unnecessary snacks, fresh fruits, vegetables or 100% juices will be offered to the students (grades K-8), once a day besides their regular breakfast and lunch at mid morning.