



# Serving FFVP During the 2020-21 School Year

*Child Nutrition Programs*

Dec. 10, 2020

**Professional Standards**

1200-Nutrition Education

3200-Program Management

# Agenda

- Introductions
- Purpose
- Program information and updates
- Peer sharing
- Recap and next steps
- Resources

# Introductions



Nigel Henley  
Training &  
Communications  
Specialist, OSSE



Kimberly  
Thompson  
Program Specialist,  
OSSE



Lazette Wells  
Program Specialist,  
OSSE



Lola Bloom  
Director of Food and  
Wellness,  
DC Bilingual PCS



Isa Zambrano  
Food Corp Member,  
DC Bilingual PCS



Vernal Crooms  
Director of Nutrition  
Services,  
Eagle Academy PCS

# Purpose

Provide up-to-date information and review Fresh Fruit and Vegetable Program (FFVP) waivers and service models available

Guide development of a plan to start FFVP service

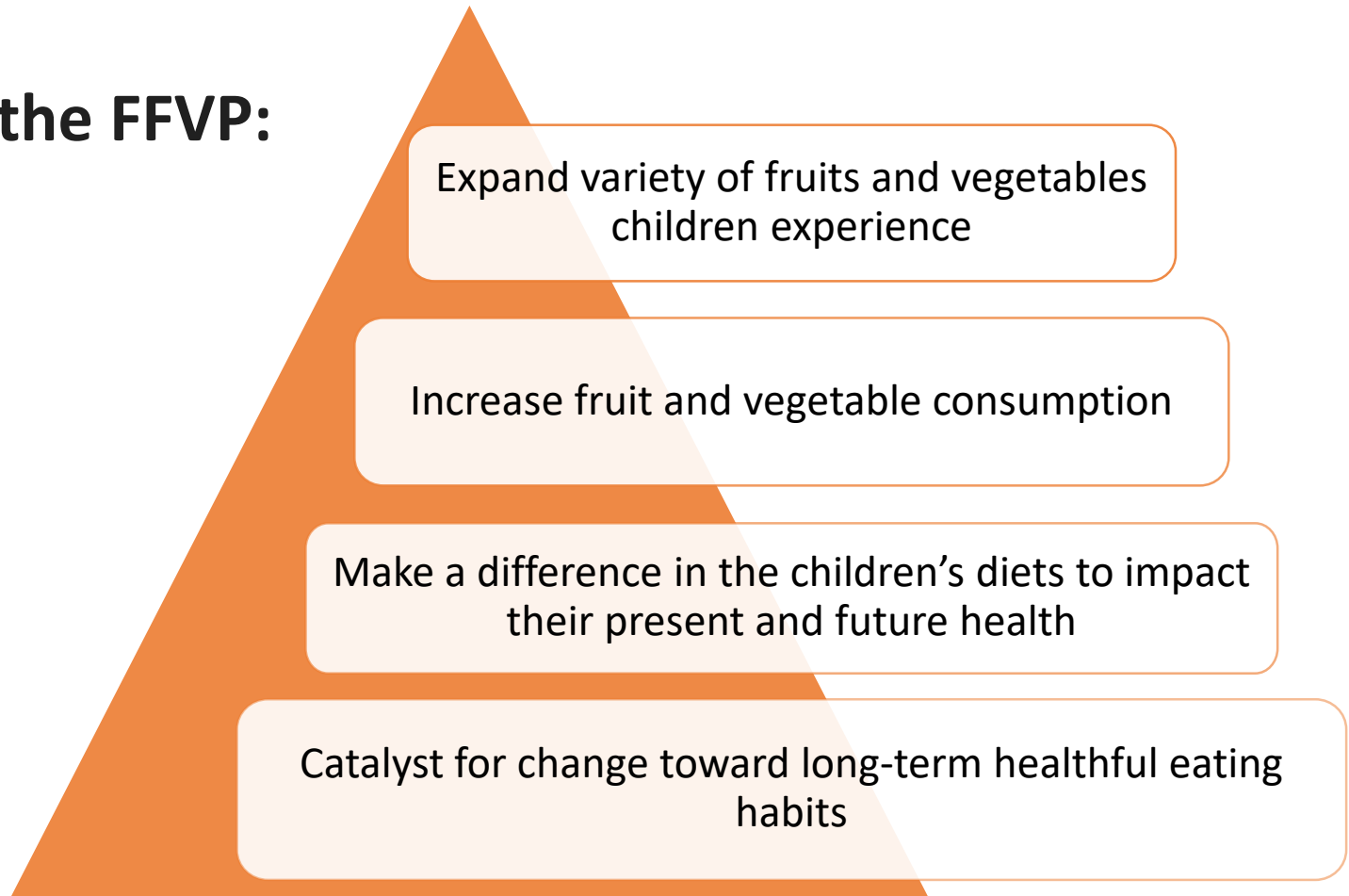
Provide a platform for peer-to-peer sharing of effective practices

Space for additional questions and answers



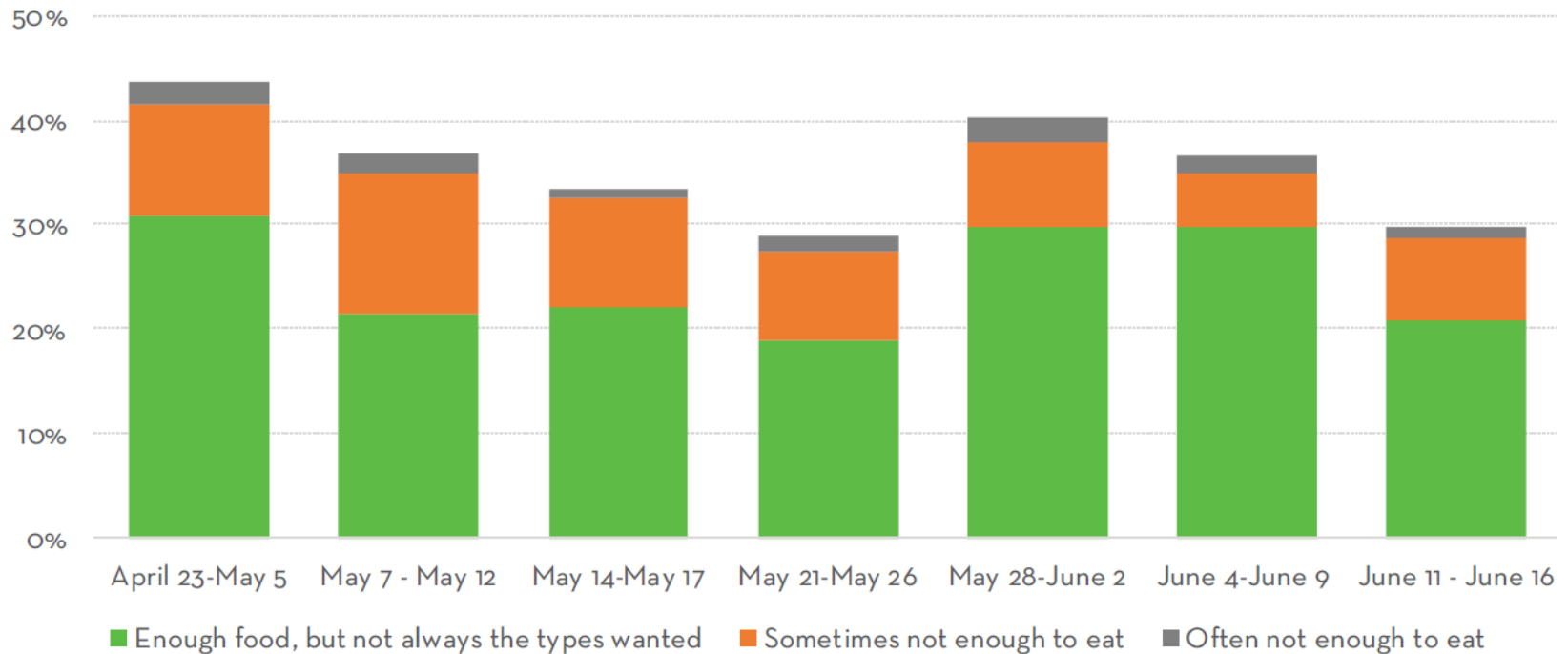
# Program Overview

## Goals of the FFVP:



# Food Insecurity

**Figure 3: Reported Food Insecurity Across District of Columbia Households, April 23 to June 16, 2020**



Source: U.S. Census Household Pulse Survey 2020

**“Food insecurity”** is a term defined by the US Department of Agriculture that refers to a lack of consistent access to enough food for an active, healthy life.

# Meal Access

Emergency Food Distributed by the Government of the District of Columbia	
Grab-and-Go School Meals at DCPS Schools	624,367
Grocery Bags at DCPS Schools	24,645
Senior Meals Delivered	451,586
Get Help Hotline Grocery Deliveries	964
Pandemic-EBT Benefits Distributed (Number of Children/Households Served)	46,029/ 26,742
Meals for Unsheltered Individuals	32,679
Note: Data on emergency food distributed comes from District agencies and reflects data captured from the March to early June. Sources: DCPS; DACL; EOC; DHS. June-July 2020.	

# Meal Policy Guidance/Waivers

- Updated policy guidance was released on Nov. 24, 2020 and can be found [here](#).
  - Guidance will be updated when necessary to include new information.



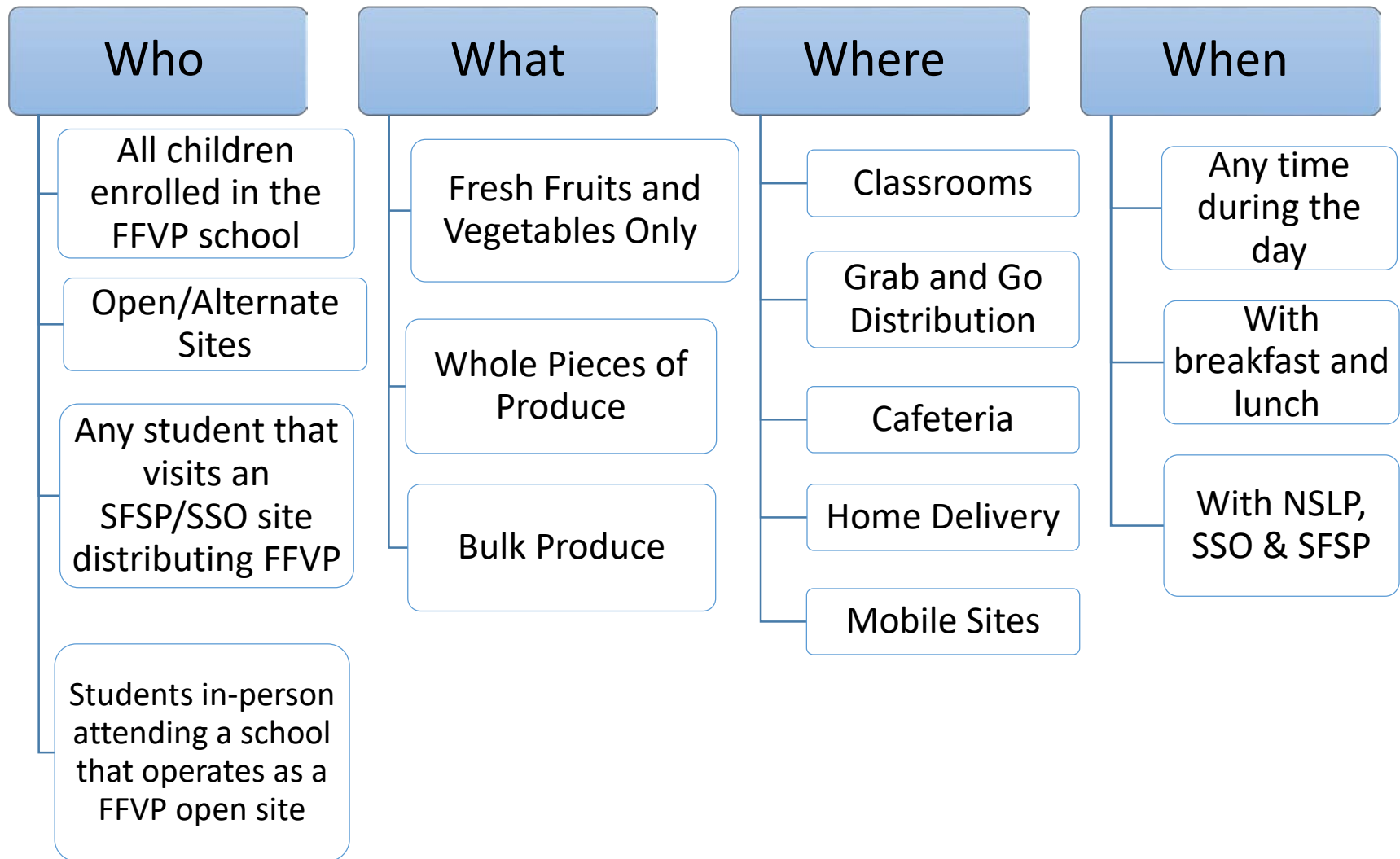
# Meal Waivers/Flexibilities

Waiver/Flexibility	Brief Explanation
Flexibility*	Serve to students in a non-congregate setting (including home delivery).
Flexibility*	Provide multiple days' worth of FFVP foods at one time when the school is providing multiple days' worth of meals at a time. Produce can be in bulk quantity.
Flexibility*	Provide FFVP to students attending an elementary school if the school is operating as an open site (applies to schools that otherwise are not approved to serve FFVP).
Flexibility*	Provide FFVP to all children in the household regardless of age when provided via home delivery along with SFSP/SSO meals.
Flexibility*	Donate fresh produce if it cannot be used and would need to otherwise be disposed of.
Waiver**	Allow FFVP foods to be picked up by a parent or guardian without a student being present.
Waiver**	Allow FFVP foods to be served at alternate non-elementary school sites if the elementary school building is closed or alternate instructional models are being provided.
Reallocation of Funds	Schools may request reallocation of unobligated, unexpended FFVP funds from elementary schools to other participating FFVP schools (or those participating via the second waiver above).

**\*Flexibilities do not require OSSE approval and can begin immediately.**

**\*\*USDA waivers do require OSSE approval, and can be utilized through June 30, 2021**

# Program Logistics



# Nutrition Education

- While elementary schools operating FFVP are encouraged to provide a nutrition education lesson with the FFVP service, OSSE recognizes that a lesson may not be possible during service provided in a distance learning environment.
- Providing nutrition education lessons with the FFVP is encouraged, but not required for students engaged in distance learning.
- A variety of free nutrition education materials are available online. OSSE recommends the following:
  - Virtual Resources (no paper required):
    - [Team Nutrition Cooks! Videos](#)
    - [Fueling My Healthy Life Student Portal](#)
    - [Two Bite Club E-Book](#)
  - Download and Print:
    - [Grow It! Memory Card](#)
    - [Discover MyPlate Food Group \(Sorting\) Cards](#)
    - [Look and Cook Recipes](#)
- Local partners, such as community-based organizations, health departments, and the USDA Extension Service, are also good sources for nutrition education and promotional materials that may be used in the program.

# Procuring Local Food

- Recommendations
  - Reach out to your distributors for help in sourcing local food items.
  - Review your FSMC or vendor contract for requirements related to local procurement or farm to school practices.
  - For more information about procuring local food during COVID-19, see [this resource](#) from the National Farm to School Network.
- OSSE Resources
  - [Choose What's in Season poster](#)
  - [Is That Local? resource](#)
  - [Locally Grown and Unprocessed Food Item Tracking Log.](#)
  - [Strawberries & Salad Greens Day Resource Packet for Schools.](#)
  - OSSE's School Garden Program.



DC Bilingual PCS

# DISTANCE SERVICE WITH DC BILINGUAL

- Twice weekly distribution of multi-day meal packages that include breakfast, Lunch, FFVP
- Split staff model
- Pick ups range from 75-120
- Why FFVP?
  - Extra produce = good, especially when meals are less “fresh”
  - Lower participation = better budget for a wider variety of items
  - Opportunity to connect with our families educationally
  - Many seasonal and local items are easier to manage from home, like radishes, squash, berries







# WE MAKE IT FUN

## The Different Ways to Eat Tatsoi

A	C	S	W	C	V	O	D	L	L	I	S	V	S
F	S	I	U	I	S	T	H	S	E	A	O	T	O
V	R	R	S	A	L	A	D	D	S	A	I	C	A
E	R	I	L	S	T	I	R	F	R	Y	V	O	R
Y	D	E	A	G	E	G	S	R	O	Y	I	E	F
S	E	N	Y	E	R	A	R	A	W	D	C	G	S
O	K	K	Y	T	A	E	W	Y	A	R	Y	U	A
A	O	I	S	S	D	F	E	R	O	T	G	Y	N
C	O	R	T	A	U	E	T	N	D	G	S	L	A
R	C	G	R	F	O	Y	E	E	R	U	U	S	A
S	A	N	D	W	I	C	H	T	E	S	O	U	P
I	T	A	T	S	O	I	S	R	U	D	U	T	T
A	V	O	H	W	N	U	N	R	T	A	A	E	V
V	D	A	A	Y	N	Y	P	A	D	V	S	I	T

SAUTEED  
LEAVES  
COOKED  
TATSOI  
SOUP  
RAW  
CURRY  
SALAD  
GREEN  
SANDWICH  
STIR FRY



Play this puzzle online at : <https://thewordsearch.com/puzzle/1592789/>

1 Day of FFVP, about 8oz per serving

## Roasting a Beet

Step 1: Scrub Beets Clean



Step 2: Heat oven to 400 degrees



Step 3: Wrap in Aluminum Foil & Put in oven for an hour until skin peels away.

My heart beets for a roasted beet!



Throw in some olive oil, salt, pepper. Well...if you have the thyme!

Let's get Cooking!



1 day of FFVP, one golden beet per bag



# WE MAKE IT BILINGUAL

## MEET STARFRUIT

If you could grow a fruit into any shape, what  
kind of shape would it be? Square-fruit?  
Smiley-face-fruit? Draw your idea.  
Send pictures: [isa.zambrano@foodcorps.org](mailto:isa.zambrano@foodcorps.org)




## CONCE CARAMBOLA

Si pudieras crecer una fruta en cualquier  
figura ¿qué tipo de figura sería? ¿Fruta  
cuadrada? ¿Fruta de caritas? Dibuja tu idea.  
Manda fotos a: [isa.zambrano@foodcorps.org](mailto:isa.zambrano@foodcorps.org)



# FAMILIES MAKE IT DELICIOUS



A collage of images for a spaghetti squash recipe. It includes a whole spaghetti squash, a halved squash with seeds removed, a squash being cut into strands, and a bowl of spaghetti squash. Text overlays include 'Spaghetti Squash', 'Try it with Pasta Sauce or use with any noodle recipe!', and 'Text Your Zip Code/ City to (907) 312-5085 to find out what Indigenous land you are on!'.

Spaghetti Squash

Try it with Pasta Sauce or use with any noodle recipe!

Text Your Zip Code/ City to (907) 312-5085 to find out what Indigenous land you are on!



We engage families with our virtual lessons



A recipe card for 'Apple Cookies' with a background of red apples. It lists tools needed, ingredients, and three steps: 1. CUT APPLE LIKE THIS, 2. SPREAD SUN-BUTTER, and 3. ADD TOPPINGS. The steps are illustrated with photos of the process.

## RECIPE

### Apple Cookies

TOOLS NEEDED

- A sharp knife
- A butter knife
- A place to cut

INGREDIENTS

- 1 apple
- Sun-butter
- Toppings of choice (seeds, granola, dried fruit, coconut, chocolate chips)

1. CUT APPLE LIKE THIS

2. SPREAD SUN-BUTTER

3. ADD TOPPINGS



1 day of FFVP, 1 apple



Eagle Academy PCS

## FFVP Operations at Eagle Academy PCS

- Operated FFVP during school closure last spring
  - Continued program this school year
- Uncertainty not a barrier for FFVP service
- Serving FFVP foods with grab and go meals on Friday
- Weekly pick-ups around 150 students
- Produce delivered on Wednesday, sent out on Friday







- Students still receiving good variety of produce

- Previously focused on exotic fruits
- Serving more everyday produce this year



## FFVP Communications to Families

### Meal Distribution for Eagle Academy Students

**Distribution time**  
**10:00 am–5:00 pm**

**Tuesday pick up**

**Breakfast & Lunch**

Monday, Tuesday, Wednesday,  
Thursday, Friday

**Friday pick up**

**Fresh Fruit and Vegetables**  
**(for the whole week)**

- All meals will be fully cooked and refrigerated to 41 degrees or lower before distribution.
- All meals will provide instructions for reheating prior to consumption.
- All components of each meal including milk will be provided.



[www.eagleacademypcs.org](http://www.eagleacademypcs.org) | [@eagleacademypcs](https://twitter.com/eagleacademypcs)



**EAGLE ACADEMY PCS**

Congress Heights | Capitol Riverfront



### Friday Fresh Fruit and Vegetable Distribution

**Locally Grown Yellow Watermelon • Bananas**

**• Ruby Red Grapefruit • Bartlett Pears**

**• Collard Greens • Turnips • Spanish Onions**

**• Ripened Tomatoes • Apples & Oranges**



## Nutrition Education

- Continuing to provide nutrition education to students
- Families pick-up print copies at distribution time
- Electronic resources are available on school website



Fresh Fruits and Vegetables Program

**August**

Produce Pick

**FRESH FRUIT & VEGETABLE PROGRAM**



**Blueberry**

**Fun Facts**

- The state of Maine produces more blueberries than anywhere else in the world.
- Blueberries are both cultivated (farmed) and found in the wild.
- Eating blueberries has been shown to reduce the risk for developing heart disease and cancer.

**Purchasing and Storage**

- Look for berries that are firm, dry, plump, and smooth-skinned.
- Avoid blueberries that look soft or shriveled or have any signs of mold.
- Refrigerate fresh blueberries when you get them home.
- Be sure to wash the berries just before you start snacking.
- Eat within 10 days of purchase.



**Nutrition**

Blueberries are...

- Low in fat: a one-cup serving contains only 80 calories and virtually no fat.
- Packed with vitamin C: 1 serving provides 25% of one's daily vitamin C.
- Full of dietary fiber.
- Excellent source of manganese.





## Guiding Questions



# Guiding Questions

If you operated FFVP last school year after students transitioned to virtual learning, what lessons did you learn that you applied to this school year?

# Guiding Questions

Can you tell us even more about how you are creating produce boxes for families and what you've learned about providing whole produce?

# Guiding Questions

What waivers and flexibilities have you utilized for FFVP, and how have they made your operations more successful?

# Guiding Questions

What planning are you doing to ensure use of your entire FFVP allocation this school year?



Q&A

# Next Steps

## **FFVP Next Steps**

1. Develop a plan to start FFVP service.
2. Review procurement contracts and model of service
3. Communicate the availability of FFVP to students and families
4. Plan to use your entire FFVP allocation this year by:
  - Using the budgeting tool;
  - Adjusting quantity and types of food being ordered, etc.

## **Communication**

- Bi-weekly calls – rotating deep dives
- TBD on the next call
- Beyond the Tray Newsletter
- OSSE Website
- Call series evaluation emailed at the conclusion of today's call

# Resources

- [OSSE Bi-Weekly Call Series – Recordings and Presentations](#)
- [\*Choose What's in Season\* poster](#)
- [\*Is That Local?\* resource](#)
- [Locally Grown and Unprocessed Food Item Tracking Log.](#)
- [\*Strawberries & Salad Greens Day Resource Packet for Schools.\*](#)
- [Local Food in Covid-19 Response and Recovery](#)
- Seasonal Recipes:
  - Baked Batatas & Apples ([English/Spanish](#))
  - Whipped Sweet Potatoes ([English/Spanish](#))
  - Collard Greens ([English/Spanish](#))
  - Greens and Beans Soup ([English/Spanish](#))
- [List of FFVP Eligible School Sites](#)

Looking forward to a successful  
2020-21 school year!



| Thank you!

Kimberly Thompson MS, RD, LD

Program Specialist

[Kimberlya.Thompson@dc.gov](mailto:Kimberlya.Thompson@dc.gov)

(202) 741-6418