

The Fresh Fruit and Vegetable Program at Abington Avenue School has been a great success. Our staff and students are all very enthusiastic about the wonderful selections we receive three times a week. We work as a team and all staff members and students involved, do their part to make sure the program runs smoothly.

Most of the nutritious selections that the students receive are extremely enjoyable for our students. Most students enjoy the opportunity to try new fruits and vegetables that they would never have had an opportunity to try. Our teachers do a wonderful job of introducing the fruits and vegetable to the students based on the monthly calendar that is provided to them in advance. The students are encouraged by staff members to at least taste the selection that is offered that day. This opens the children up to many nutritious foods that they would never even know that they liked.

This program has been a wonderful addition to enhance our health and nutrition classes. Teachers can use the items provided to discuss nutritional foods, including fruits and vegetables in your diet, and healthy eating habits. The technology in our classrooms, such as a Smart Board, is often used to enhance lessons and illustrate the fruits and vegetables for our younger students. The nurses office reiterates this message through a colorful and informational healthy eating bulletin board with posters on eating a balanced diet that includes fruits and vegetables.

The program runs three days a week from Tuesday – Thursday. The snacks are distributed at around 1:30 pm by safety patrols and the delivery is monitored by the Safety Patrol advisor. The Advisor communicates with the cafeteria staff to make sure the program runs smoothly and to monitor what is being served. The Patrols then bring the bag to the teachers, and teachers ensure the snacks are distributed to each student. While eating the snacks, many classes discuss other ways that particular fruit or vegetable can be prepared or enjoyed as part of a healthy diet.

The Fresh Fruit and Vegetable program is always part of the nutrition committee meetings. During these meetings the student members of the committee, bring back feedback from their peers about the different selections they have received. This allows us to make suggestions, to the Director of Food Service, of different items we would like to try or avoid in our school.

Our Administration and Parent Liaison work diligently to stress the importance of nutritional meals to the parents. The Fresh Fruit and Veggies program is discussed at Back to School Night and both Parent Teacher Conference Nights. The Community Engagement Specialist discusses nutrition and the fresh fruit and vegetable Program with our parents. We hope that this will help our families to incorporate more fruits and vegetables into their nutritional meals at home. We strive to have our students share the knowledge they receive on the new items with their families at home.

This program has been an overall success at this time. It is a delightful afternoon snack that our students look forward to. This snack provides nutritional and educational value to each student. It is also a break from the unhealthy options that our students typically tend to reach for first. Our teamwork and buildings overall excitement about nutritional fruit and vegetable snacks is helping this program to be an amazing part of our Abington Avenue Family culture.

Dear fresh fruit and vegetable program,

1/9/17

This program has helped me branch out onto fruits and veggies I've never tasted. I've never tasted green peppers by themselves, I've also never really eat alot of broccoli with ranch but actually been eating that lately because of this program. Since I am on the nutrition meeting, we talk about good types of vegetables for us or good and tasty fruits. So when we mention this program we are like "Yeah" because we love the fruits and vegetables that are very tasty and healthy for us. So in obington's and my opinion we have a good strong feeling about this program.

Sincerely,

Juliet Agosto
8th grade, 302 member of
the nutrition committee.

Dear fresh fruit and vegetable program,

This program has helped me branch out onto fruits and veggies I've never tasted. I've never tasted green peppers by themselves, I've also never really ate a lot of broccoli with ranch but I've actually been eating that lately because of this program. Since I am on the nutrition's meeting we talk about good types of vegetables for us or good and tasty fruit. So when we mention this program we are like "yeah" because we love the fruits and vegetables that are very tasty and healthy for us. So in Abington's and my opinion we have a strong and good feeling about this program.

Juliet Agosto

Nutrition's
committee
member

Dear Ms. Rocco,

I just want to tell you, I love the food Nutrition Program! We get fresh vegetables and fruits everyday. It gives me joy to eat healthy foods. Many people enjoy the food and they especially like it with ranch! We love you giving us fruits! I support it a lot! It also let's us eat healthy! Thank you for all the nice fruits and vegetables!

-Sincerely,
Eunice Kong

Dear Ms. Rocco,

1/9/17

I just want to tell you, I love the food Nutrition program! We get fresh vegetables and fruits every day. It gives me joy to eat healthy foods. Many people enjoy the food and they especially like it with ranch! We love you giving us fruits! I support it a lot! It also lets us eat healthy! Thank you for all the nice fruits and vegetables.

Sincerely,

Eunice kong

Let me start off by saying that your WHOLE school is very lucky to have these fruit and vegetable program. We like having these type of foods after lunch. The other people/students like the food, they would like to ~~know~~ if there were more. I support ~~the~~ this program because when we get them we probably get something that we've never had. And if they like the vegetable or fruit they will be more healthy and they will eat healthy at home or anywhere else. I wish that this program will keep going.

From,

Yuliana Ejarado,

Abington Ave school

HR: 215

Dear Mr. Ruiz,

Let me start of by saying that your WHOLE school is very lucky to have these fruit and vegetable program. We like having these types of food after lunch. The other people/students like the food; they would have seconds if there were more. I support this program because when we get them we probably got something that we've never tried or tasted. And if they like the vegetable or fruit they will be healthier and they will eat more healthy stuff at home or anywhere else. I wish that this program will keep on going.

Sincerely, Yuliana Fajardo,

Abington Avenue School

HR:215

1/9/17

Dear Mrs Rocco,

The fresh fruit and vegetable program is an exceptional program and exposes you to fresh and healthy foods, you thought you'd never try. For me personally, I never had cauliflower or melon slices and let me tell you they're amazing. This led to me branching out to more and more healthy fruits and veggies. I honestly with no doubt support this program and the wonders it does to us students. It's a great way to eat healthy and have a nice calm snack! It also helps me relax when I get stressed about schoolwork and even tests!

Sincerely,
Ruben Jaya

01/11/17

Dear, Mr. Ruiz

I support for having the best fruits and veggies in our school. It's amazing how our students enjoy our treats in the afternoon. It really brings out their smiles and that's good because we want the best for our students and loved ones. Fruits and vegetables are very important, and it helps the students focus and learn more with the flow. Having the program sharing their goodness with us, it's a big blessing and me as the 8th grade president, I'm very gratefully because I love to see all students and adults smile, thank you!

Love, Jenifer Pintado

Class 303

Abington Ave School

Fruits and Vegetable Program

The fresh fruit and vegetable program is an exceptional program that exposes you to fresh and healthy food you thought you'd never taste or like. For me personally, I never had cauliflower or melon slices but once I tried it, it was phenomenal. This led to me branching out to more and more healthy fruits and veggies. I honestly with no doubt in my mind support this program and the wonders it does to us student. For example, when am doing schoolwork or taking a test, I eat the snacks and it helps me stay calm and relaxed. It's a great way to eat healthy and have a nice and refreshing snack!

Sincerely,

Ruben Jaya