



# Bright Kids. Bright Schools.



Fresh Fruit and Vegetable Program Helps Healthy Habits Shine



Jasper ISD is delighted to let you know that Few Primary and Parnell Elementary have been selected by the Texas Department of Agriculture to receive funding for a special program to spotlight fresh fruits and vegetables at school. Packed with vitamins and minerals, fresh fruits and vegetables are important ingredients for growing strong, healthy children and studies show healthy children learn better. As a part of this project, your school will be providing free fresh fruit and vegetables to students after lunch as a snack on Tuesdays and Thursdays. Funding for this effort is part of the U.S. Department of Agriculture's Fresh fruit and Vegetable program, (FFVP). The goals of this program are:

- Create a healthy school environment by providing healthier food choices.
- Introduce new fruits and vegetables to children.
- Increase the amount of fruits and vegetables children eat, and
- Make a difference in children's diets that will affect their present and future health.

Your efforts at home are just as important. Encourage your child to make smart, healthy food choices by eating snacks and meals loaded with vitamins and minerals. Eating a variety of fruits and vegetables feeds the mind as well as the body. For more ideas, recipes and healthy tips for you and your family, go to [www.squaremeals.org](http://www.squaremeals.org).

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: <https://www.usda.gov/oascr/how-to-file-a-program-discrimination-complaint>, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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; (2) fax: (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).