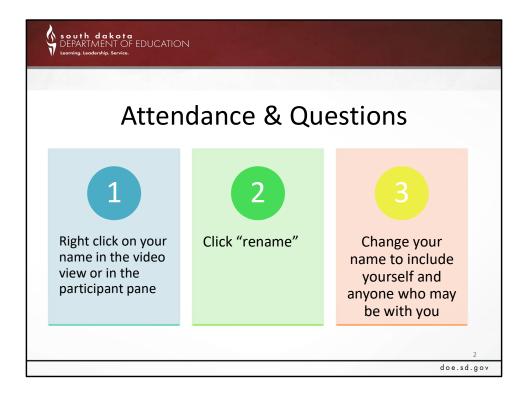


Good afternoon! I'm Rob Ingalls, and today's Crash Course with CANS topic is the Fresh Fruit and Vegetable Program. We're going to discuss basic program information and requirements.



Before we get started, let's take care of a few housekeeping items. We would like to know who is joining the webinar today, so please check your name and change it, if your first and last name are not on the screen.

To change your name, right click on your name in the video view or in the participant pane and click on the word Rename.

Enter your first and last name.

Please use the chat box or unmute along the way if you have questions.

A recording of today's webinar and the notes will be posted later.



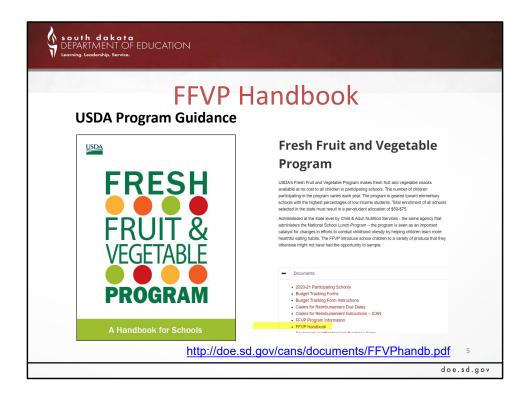
Today's agenda includes a discussion of program goals, day-to-day operations, funding, invoicing and claiming - and how to sign up to participate.

If any of you have questions along the way, please feel free to ask in the chat box or unmute your line.



First off, the FFVP webpage is a wealth of information! It provides the documents and resources needed to run the program.

I encourage you to take a deeper look into the website, especially if you think FFVP is something your school is interested in pursuing!



One of the main resources on the CANS-FFVP webpage is the handbook. It's a guidance developed by USDA that discusses the basic requirements of program operation.

Much of what we discuss today can also be found in the FFVP handbook – so we've included page references on slides that link to pages in the FFVP handbook.



Program Goals

- Creating healthier school environments
- Expanding fruit and vegetable exposure
- Increasing fresh fruit and vegetable consumption
- Impacting current and future health of children
- Not affiliated with DoD Fresh/FFAVORS

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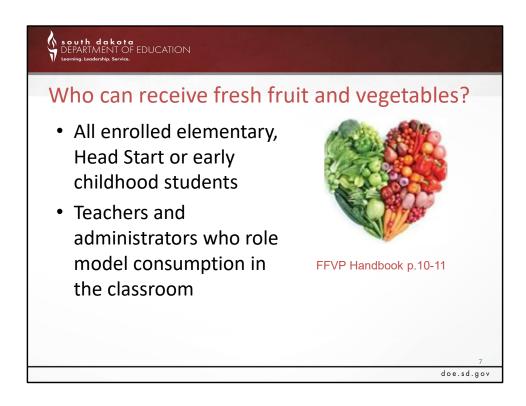
What's special about FFVP?

USDA's Fresh Fruit and Vegetable Program makes fruit and vegetables available at no cost to elementary school children at participating schools.

The goal of the program is to promote healthy food choices by expanding children's exposure to fresh fruits and vegetables, because increased fruit and vegetable consumption impacts current and future health.

The program is designed to operate at elementary schools with a high percentage of free and reduced-price eligible students.

Essentially, the Fresh Fruit and Vegetable Program provides reimbursement for schools to provide a fresh fruit and/or vegetable snack to elementary students during the school day. The program is not affiliated with DoD Fresh/FFAVORS or Food Distribution.



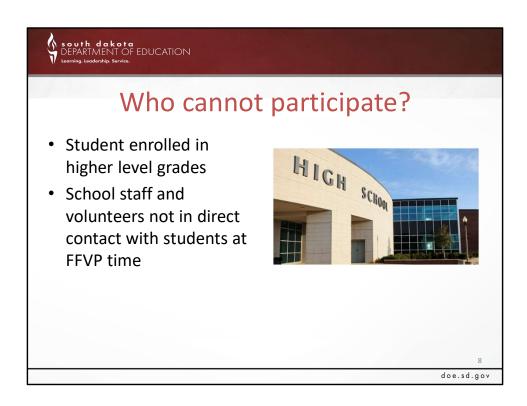
So if your school participates in FFVP, who can receive fresh fruit and vegetables?

All enrolled elementary, Head Start or early childhood students.

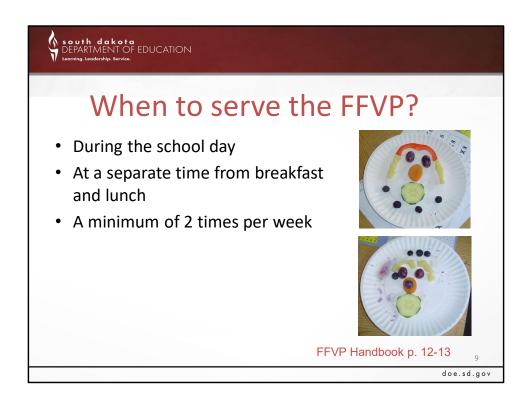
FFVP participation will match how your elementary school is listed with the Department of Education and the State of South Dakota Education Directory.

For example, some elementary schools are listed as PK-5, K-6, K-8, and other combinations.

Teachers and administrators may also participate as role models for children. Teachers who participate are encouraged to include a nutrition education component to reinforce the concept of healthy eating. Keep in mind that no additional FFVP funds will be provided for adults that participate; schools must stay within their per student allocation.



Who cannot receive fruits and vegetables through FFVP?
Middle School, Junior High and High School Students are not eligible to participate.
Additionally, school staff and community volunteers like parents or grandparents, who are not in direct contact with students at FFVP time can also not participate.



When to serve FFVP?

Fresh fruits and vegetables must be served during the school day - at a separate time from the National School Lunch and School Breakfast Programs.

FFVP must be planned to be served minimum of 2 days per week, but schools are encouraged to offer the program as many days of the week as their budget allows.

- That said, South Dakota winters sometimes may not allow for 2 times per week; you just need to plan for it, and make budget adjustments as needed.

You can also increase the number of service days per week, based on your remaining award throughout the year.

Your school gets to decide on the time of day and the days of the week that best fit your school.



The program can be provided in many different places - as long as the service is apart from breakfast and lunch meal services.

Here are just a few examples.



Some schools like to use trays, rolling carts, and bins and have students or teachers pick them up and deliver to the classroom. This is all appropriate. Others like to have students come down to the cafeteria. The decision is yours.

Just a quick reminder, schools may not provide an accompaniment with the service of fresh fruits and vegetables. For example, a classroom can not provide a milk break in conjunction with the FFVP. Even if the school pays for the milk itself, the milk cannot be provided at the same time of the FFVP service. The thought behind this is to maintain the focus on the fresh fruits and vegetables provided.

For more information on how to serve the program, see page 12 of the FFVP handbook.



Allowable Fruits and Vegetables FFVP Handbook pg. 14-16

Allowable

- Whole, fresh f/v
 - Apples, bananas, oranges, strawberries, etc.
 - Carrots, sweet potatoes, cherry tomatoes, broccoli, etc
 - Fresh broccoli/cauliflower florets; bagged greens
- Pre-packaged f/v cups/bags
 - Ascorbic acid may be used as a preservative
- Fruit and vegetable trays

Not Allowed

- Canned or frozen f/v
- Vacuum packed f/v cups
- Dried fruit (raisins)
- F/V cups/buckets with artificial flavorings and/or preservatives
- Store-made fresh salsa
- Juice
- Smoothies
- · Edible flowers

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Next, we will touch on allowable and not allowable foods.

Whole, fresh fruits and vegetables are allowable

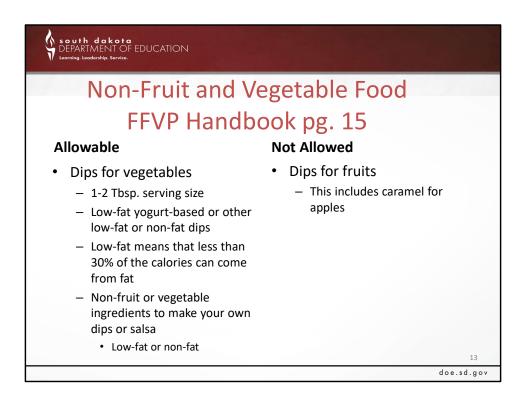
Prepackaged fresh fruits and vegetables are allowable – ascorbic acid may be used as a preservative

Fruit and Vegetable trays from a grocery store are also be allowed

For items not allowed –

Canned, frozen, vacuum-packed fruits and vegetables are not allowable. Fruits and vegetables with artificial or added flavorings are not allowable Store-made fresh salsa is not allowed - salsa if made in the classroom as a nutrition education project is allowable—just cannot be store bought Juice and smoothies are not allowable

Grapples (apples with artificial grape flavorings) are not allowable



To continue with the allowables and unallowables -

Dip is allowable, but only if it is low fat or non fat, and can only be used for vegetables. Carmel for apples is not allowable.

In order for peanut butter to be considered "low-fat", only less than 30% of the calories can come from fat. Schools have to assure that the low-fat peanut butter met this requirement in order to serve it as a dip.

Additionally, please restrict dips to be served in no greater than 2 Tbsp amounts. If a lowfat dip is provided for vegetables, the dip can be claimed for reimbursement.



Leftovers

- Always plan to use the fresh fruits and vegetables purchased with FFVP as part of the FFVP.
- Leftovers may happen and can be used in other meal programs – but only to prevent waste.

FFVP Handbook p. 18

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If you cannot easily use the leftovers in the FFVP, you may use them in your school meal programs—but only to avoid waste.

This should not happen on a regular basis. Plan to use the fruit and vegetable purchased with FFVP funds as part of the FFVP and adjust your forecasting of purchases based on prior popularity of a product.



Education & Enrichment Activities

- The FFVP offering pairs perfectly with healthier school environment activities
- Cooked or prepared fresh vegetables (like sautéed green beans or self-prepared fresh salsa) can only be provided once a week and require education
- FFVP funds cannot be used for educational resources

 FFVP Handbook p. 20-21

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Education & Enrichment Activities

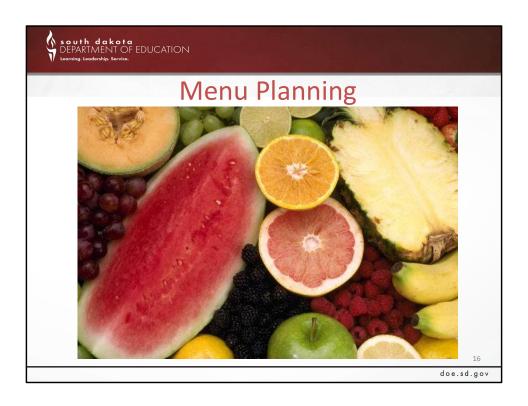
The FFVP offering is a great way to enhance healthier school environment goals highlighted in your local wellness policy.

The CANS office advocates for education with all FFVP offerings, but we realize that may not always be possible.

Cooked or prepared vegetables (like sautéed green beans or self-prepared fresh salsa) can only be prepped once a week – and do <u>require</u> education with the offering.

Keep in mind that FFVP funds cannot be used for purchasing education enrichment supplies.

Fresh fruit and vegetable resources and fact sheets are available on the CANS- FFVP webpage and FFVP Handbook p. 20-21.



Next, we are going to touch on menu planning.

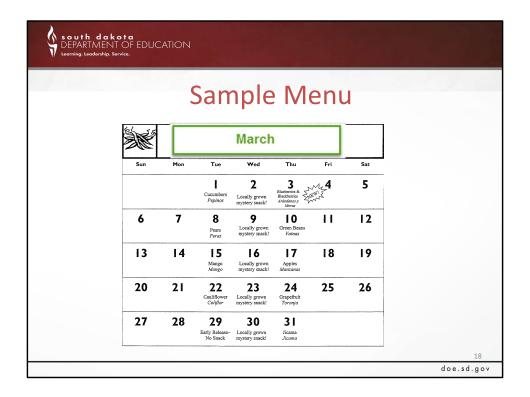


When menu planning the FFVP, you must plan both fruits and vegetables.

The goal is to use a variety of produce to expose children to more options than they may normally have access to on a regular basis.

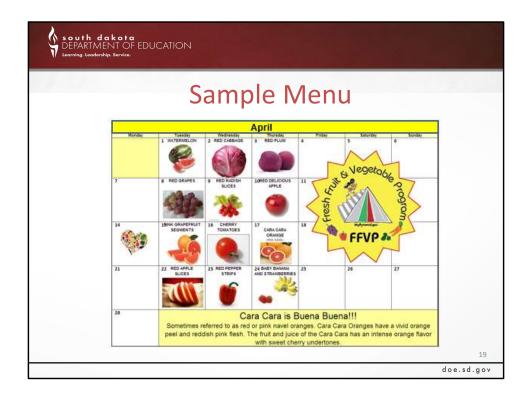
There is no size or portion requirement for the serving of fruit or vegetable.

You may need to try different strategies with vegetables, by starting with a fruit and vegetable mix, or a smaller amount of vegetables.



Although not required, some schools post and use menus with the FFVP. This can be beneficial for personnel in charge of prep, as well as classroom teachers for preparation of cross curricular lesson plans, and even for students from an expectation standpoint.

You are not required to create a menu or use production records. However, these tactics may be help organize local operations.



Another sample menu, with a bit more color, and some different information.



Menu Planning

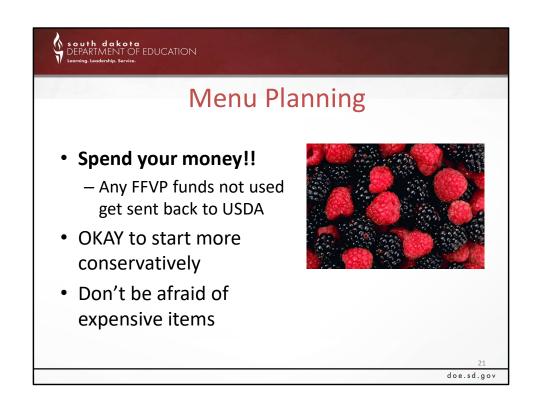
- Seasonal foods foods in-season cost less
 - Apples, broccoli, cucumbers in the fall
 - Pears and citrus fruits in winter
 - Asparagus, lettuce, and berries in late spring
- Exotic fruits will likely cost more
- Pair higher priced foods with lower cost foods to maintain an average price per snack

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You may want to consider to use in-season fresh produce in order to stretch funding. Visit with local growers or distributors to determine how to get the best bang for your buck. Just be aware of your budget and the amount of funding you have available. Consider adjusting products based on the current state of your remaining allocation.

If you do not know your award amount, open up communication with the person submitting claims for reimbursement.



Try to budget effectively. Any funds not used are sent back to USDA. It is acceptable to start the program conservatively. Once you feel more comfortable, don't be afraid of trying items that are a bit more expensive or rare.

Most schools start with a conservative amount on rare fruits or vegetables to avoid the potential for waste.

Don't be afraid of expensive items – this is your opportunity to try something different.



Funding for FFVP

- · Funding provided through Farm Bill
- Issued in accordance with Fiscal Year (Oct thru Sept)



- State Agencies responsible for holding back funding for start of following school year, holding back State Admin funding
- CANS issues funding to schools already split up into two dollar amounts – each from a different Federal Fiscal Year to correspond with the School Year

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Funding for the FFVP is identified in the federal Farm Bill

The State agency is notified in May about funds that will be issued in October. We use the identified amount from USDA to help make awards for the upcoming school year, and hold back some funds for the start of the following school year.

When awards are made, selected schools are provided two awards, one that is used at the beginning of the year, and the other that is used later. We'll talk more about this momentarily.



How it works-

FFVP Handbook pg. 7-9

- Elementary schools receive funds based on an allocation of \$50-\$75 per student
- Funds are used to provide fresh f/v for all enrolled children
- School submit claims to be reimbursed for costs of program
- Fresh f/v are served at least 2 times per week during school hours

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Funding amounts are determined on a per-student calculation. The per-student amounts are determined for schools based on frequency of service reported on the FFVP application. The enrollment provided during the application process helps determine the budget per site. We use the free/reduced eligibility from October's school lunch claim to help make approvals for the program, in accordance with program requirements.

- We are awaiting guidance from USDA on how the application process may change based on lack of data due to Seamless Summer operation during the school year.

Just to reiterate regarding frequency of service, participating schools must plan to run the program at least twice per week. Obviously things happen that may not allow for you to be able to run the program, such as a snow day. Operators are encouraged to do their best, and make adjustments to their budget accordingly.

More information can be found in the FFVP handbook, on page 7.

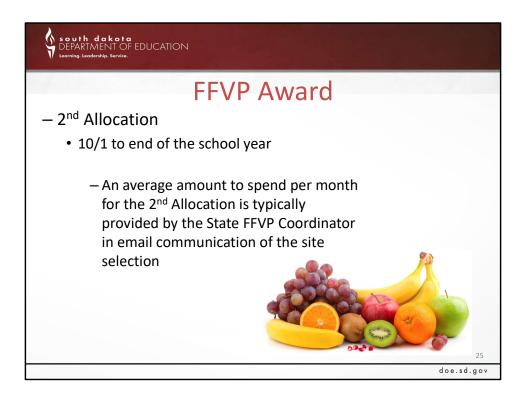


Now we are going to talk about the award. The FFVP award is split into two parts.

The 1st allocation runs from July 1 through September 30.

There are a few items which are needed for FFVP participation:

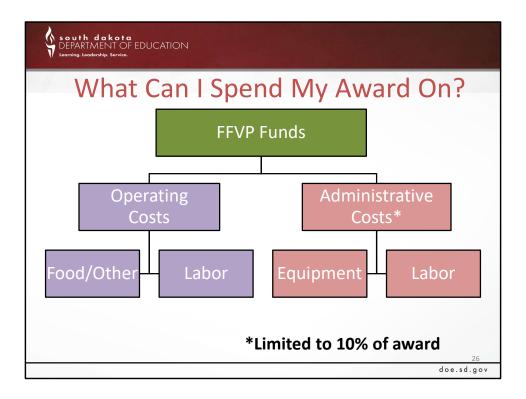
- The FFVP Quiz must be completed this is a brief quiz, identifying basic areas to consider when running the program.
- FFVP Attestation this is now handled as part of the School Lunch application in iCAN.



The 2nd allocation runs from October 1 through the end of the school year. This is the bulk of your award.

The 2nd allocation <u>cannot</u> be used for summer snacks.

We also provide an update around January to indicate amount remaining. Occasionally, we may have additional funds to distribute around this time, as well.



You can spend your FFVP award on operating costs and administrative costs.

- Food, and small supplies fall under operating costs.
- Labor, depending on the type, could fall under an operating cost or an administrative cost.
- All equipment is considered administrative, and must be pre-approved.
- Administrative costs must be limited to no more than 10% of the total award, if you choose to do so.
- We will break this down in greater detail on the coming slides.



In regard to operating costs:

- Fresh Fruits and Vegetables are considered as operating costs, and would be claimed based on the cost.
 - Additionally, fresh vegetables may be cooked and served once per week, as long as there is an education lesson provided.
- Non-fruit or Vegetable foods can also be claimed, and would be considered as operating costs.
 - Low fat dips would fall into this category. Please limit the serving size of your dip to no more than 2 tbsp, and dip can only be provided for vegetables.
 - We will talk about Administrative Costs on the coming slides.



Administrative Costs FFVP Handbook pg. 23-24

Admin Costs restricted to 10% of total award

- Labor
 - Menu planning
 - Purchasing
 - Financial reporting
- Equipment
 - Must be used exclusively for FFVP or cost must be prorated
 - Pre-approval required prior to purchase

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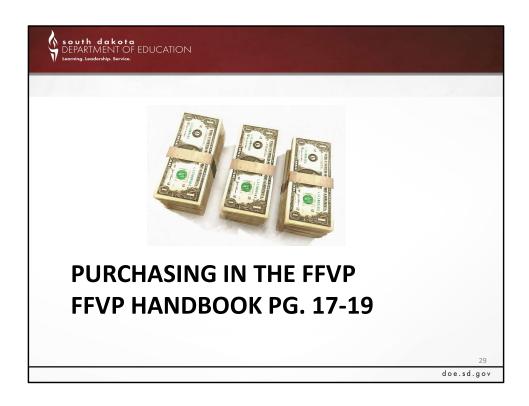
Next, lets touch on administrative costs.

Administrative costs must be restricted to no greater than 10% of the total award. – so 10% of the 1^{st} award + the 2^{nd} award

- Administrative costs are not an additional amount – the participating school is allowed to use up to 10% of their issued award on administrative costs.

Labor associated with administrative costs would include menu planning, purchasing, financial reporting, and other bookwork.

Additionally, equipment purchases are to be considered as administrative costs – and sites must receive pre-approval prior to making the purchase.



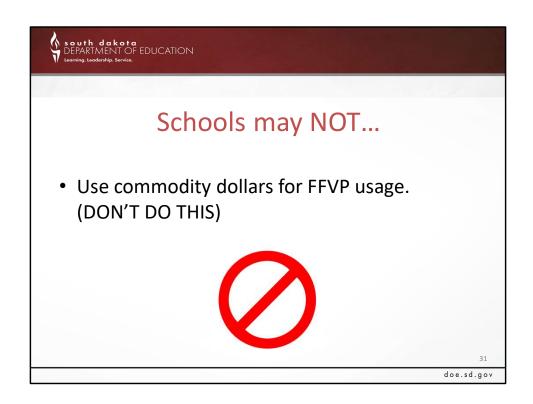
Next, we are going to touch on purchasing.

FFVP Schools must follow proper procurement procedures.



Schools may...

- Buy produce from your local grocery stores and farmers' markets, or contact conventional and organic growers, and distributors
 - Local grocery stores and other retailers are not only good suppliers of fruits and vegetables, but also might be valued partners for free nutrition education and promotional activities.
- Schools may also Support farm-to-school projects by purchasing fresh fruits and vegetables from growers and farmers in your community



• You cannot use entitlement dollars for FFVP, and then claim for reimbursement – this is 'double-dipping'



- USDA requires schools to purchase products of "domestic origin" when purchasing products with federal funds.
- Schools may not purchase the cheaper product if it is produced in a foreign country, unless there is a 'substantial' price difference

Schools must purchase products from America unless it is an item that is not available in America, for example, bananas.

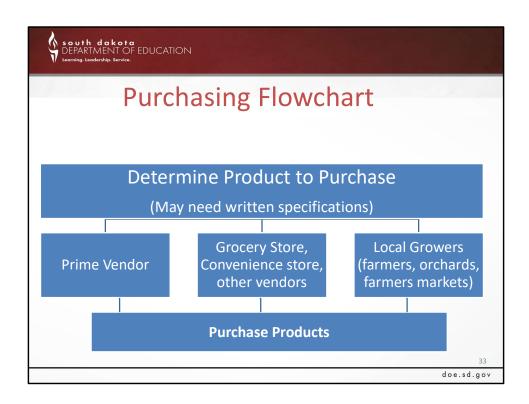
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When you are purchasing fresh produce, including produce from local vendors, proper procurement procedures must be followed.

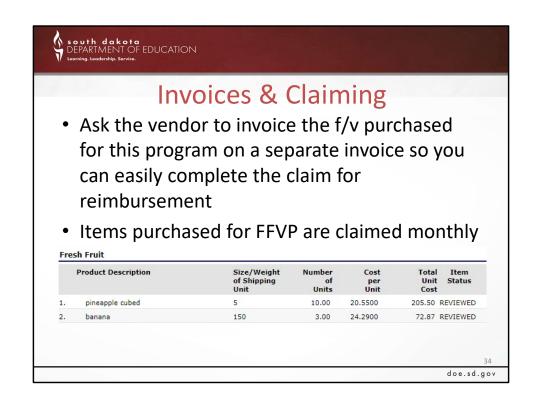
Buy American whenever possible.

If purchasing a non-domestic (or Non-US) product, the participating school would want to keep record that the product is not available in domestic form, or that there is a substantial cost differential when comparing foreign and domestic products.



Consider various avenues of where to purchase produce from, in order to follow procurement requirements.

Request quotes from local grocers and suppliers. Keep the communication on file, and select the option that is the best for your school.



Invoices and Claiming - Keep your invoices! Keep the invoices on file, and organize by month. These invoices will be looked at on an administrative review.

Some participating schools have Asked the vendor to invoice the items for the FFVP separately so you can easily complete the claim for reimbursement, and more efficiently maintain documentation.

- If not separated, this is OK, but keep a copy of the invoices specifically for tracking of FFVP; I would suggest highlighting the items on the invoice copies which were used for FFVP – this will make things easier for submitting claims, and for a future review.

I would suggest having a folder for each month, and store a copy of the invoices dated for the month within the folder

On this slide, We can see an example of a portion of a claim within the iCAN system here. Also, We have written instructions and recorded webinars for how to submit a claim, as well.



Applying for the program

- Request to receive an application
- Applications are provided within iCAN
 - Sponsor/contact information
 - Basic program-related questions/processes
 - Budgeting
 - Program promotion



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If your elementary school is not currently participating and would like to apply for next school year, you may request to receive an application

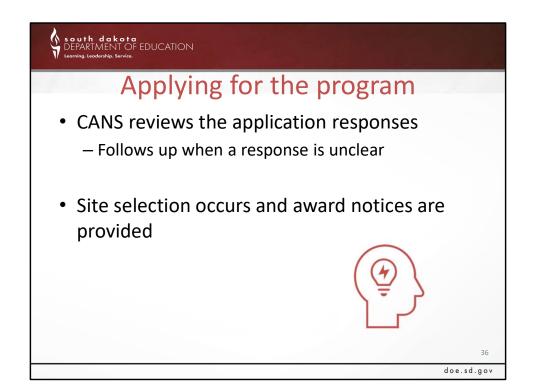
- We have a survey form that is used to request an application; The application request link is found in the most recent nutrition bulletin, check-in with CANS call, and is posted in the webinar chat.
- Schools currently participating in the FFVP would <u>not</u> need to request an application we will automatically invite all current participants to complete an application for the upcoming school year

App Request 2023:

https://forms.office.com/Pages/ResponsePage.aspx?id=fFSvcKtpbUG0plQ7XOUrmX0m3-SQysRGkQ9pqUYlfwxUN09SODNNV1NKMEFKSEhWQVlNUDI4SE00WiQlQCN0PWcu&wdLOR=cE06C82B5-F3BA-4BE4-8E4C-7C97880FAE3A

Once the application is available, we will notify schools that have shown interest, along with those that are currently participating, and provide instructions.

In the application, We ask for contact information, and we also ask a few questions for insight on how the program may be ran. Some of these questions focus on budgeting and promotion of the FFVP program.



After applications have been received, CANS reviews the application responses We will follow up with the applying school if a response is unclear

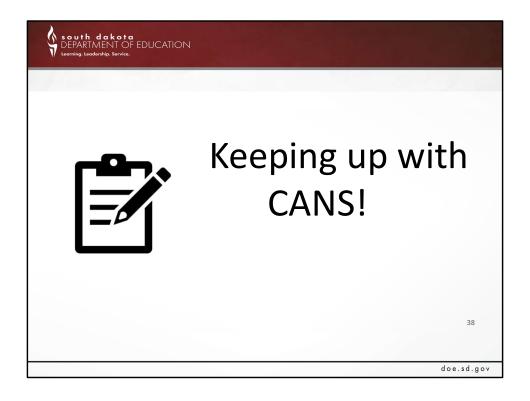
Sites are selected for participation, and award notices are emailed. This ideally occurs in May, but all depends on when USDA provides the State Agency with the notice of funding. This past year, notice occurred very late.



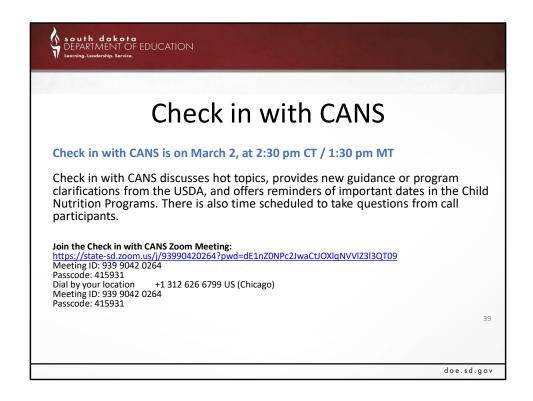
This concludes the FFVP Basics Crash Course webinar.

As we will post the Training Evaluation Survey in the chat, are there any questions about today's webinar?

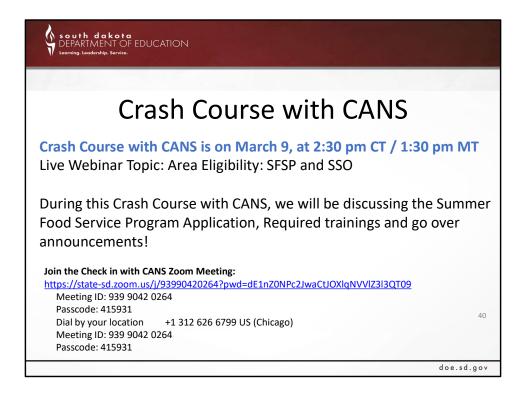
Upload survey link: https://forms.office.com/g/9xt2zBh7C4



Thanks so much for joining today. Please continue to keep up with CANS by attending our upcoming trainings.



Check in with CANS is scheduled for Mrach 2. Full call minutes are posted on the <u>CANS</u> <u>website</u>, under the Check in with CANS section, and a recording of the call will be temporarily available in this same location.



We are also hosting a Crash Course on the Area Eligibility for SFSP and SSO on Thursday, March 9.

If you are unable to attend, the slides and a recording of the webinar will be posted to the CANS website (https://doe.sd.gov/cans/index.aspx) under the Crash Course with CANS section by Friday or Monday.

South dakota DEPARTMENT OF EDUCATION Learning, Leadership, Service.				
Upcoming Trainings:				
Mar	2	2:30pm CT	Check in with CANS	
	9	2:30pm CT	Crash Course with CANS: Area Eligibility: SFSP & SSO	
	7	1-5pm CT	SFSP Experience Sponsor Admin Training	In-person in Pierre and online options available!
	14	1-5pm CT	SFSP New Sponsor Admin Training	In-person training in Pierre
	23	2:30pm CT	Crash Course with CANS: CEP Reporting	USDA reporting requirement and application basics
				doe.sd.gov

Read slide.

In addition to the check-in and crash course, We have a couple upcoming trainings, as well.

We have a couple SFSP Trainings on March 7 for Experienced Operators and March 14 for New Sponsors

And we have a CEP Reporting Crash Course scheduled for March 23



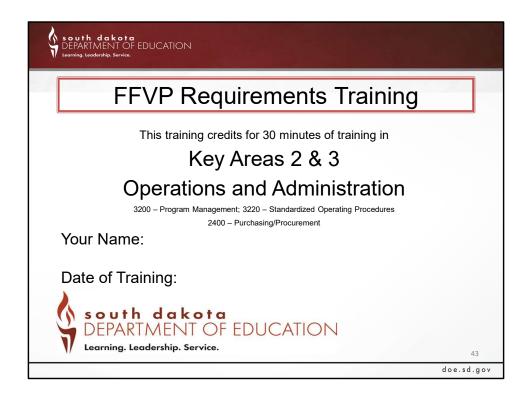
Thank you for observing the FFVP Crash Course session today.

Please feel free to contact the CANS office with any questions.

Upload survey link: https://forms.office.com/g/9xt2zBh7C4

App Request 2023:

https://forms.office.com/Pages/ResponsePage.aspx?id=fFSvcKtpbUG0plQ7XOUrmX0m3-SQysRGkQ9pqUYlfwxUN09SODNNV1NKMEFKSEhWQVlNUDI4SE00WiQlQCN0PWcu&wdLOR=cE06C82B5-F3BA-4BE4-8E4C-7C97880FAE3A



Upload survey link: https://forms.office.com/g/9xt2zBh7C4

Application Request:

https://forms.office.com/Pages/ResponsePage.aspx?id=fFSvcKtpbUG0plQ7XOUrmX0m3-SQysRGkQ9pqUYlfwxUN09SODNNV1NKMEFKSEhWQVINUDI4SE00WiQlQCN0PWcu



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(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.

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