

Implementation Guide

Northern Fruit and Vegetable Program

This guide is to help you run the Northern Fruit and Vegetable Program (NFVP) in your school to meet the program objectives.



Program Objectives:

1. Increase awareness and consumption of fruits and vegetables among school-aged children.
2. Educate school aged children and their families about the importance of eating fruit and vegetables, and the associated benefits of healthy eating and physical activity to overall health.

Deliveries

Northern Fruit and Vegetable Program

Deliveries

- NFVP deliveries are coordinated and shipped by the Ontario Fruits and Vegetables Growers Association (OFVGA).
 - This includes deliveries of produce and NFVP fridges
 - The menu is also provided by OFVGA
 - Communications from OFVGA are facilitated by Northeastern Public Health.
- Produce quality can be inconsistent in the north, especially during the winter.
- OFVGA does their best to provide the best quality of produce for the program, however, problems do arise along the supply chain, including produce shortages, spoiled produce, and delayed or missing shipments.
 - This may be due to a variety of reasons such as highway closures, extreme weather, poor growing conditions, etc...



Reporting Concerns

- If there is a concern with your produce delivery, please contact us at nfvp@neph.ca.
- If you have a concern with produce quality, please send us an email within 48 hours of your delivery, and include:
 - Your concern
 - Photos of the spoiled produce
 - The lot number of the produce delivered
- Providing us with this information in a timely matter can help us follow up with the supplier and try to resolve or reduce the issue for future shipments.

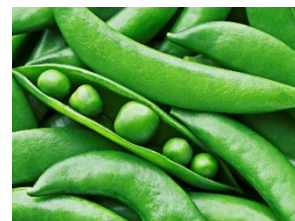


Produce

Northern Fruit and Vegetable Program

Quantities

- 2 servings of vegetables and fruit are provided weekly to students. This means one serving of fruit and one serving of vegetables each week.
 - A serving is generally $\frac{1}{2}$ a cup or 1 whole fruit/vegetable.
 - Examples: $\frac{1}{2}$ cup of blueberries, grape tomatoes or peas; 1 whole pear, apple or mini cucumber; or 2-3 whole mini peppers.
- Produce is shipped in minimum quantities.
 - The minimum is 1 case of each product; cases cannot be divided before delivery. (Case sizes vary for each product)
 - This means some schools may receive more produce than 2 servings per student.

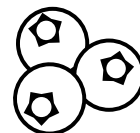


Excess Produce

- If unable to serve all produce to students within a week of delivery, here are some ideas on how to use the excess produce:
 - Use the produce in another school food program (i.e. Breakfast, snack or lunch program)
 - Send produce home with students or staff
 - Share produce with food banks or other organizations
 - Share produce with school-based childcare, or before/after school programs
- If produce is not of adequate quality to serve to students, consider donating to a local farmer or family that has livestock that may enjoy the produce.
- If unable to use excess produce continuously, email NFVP@neph.ca and ask for a quantity adjustment for future shipments.

Produce

Northern Fruit and Vegetable Program



Product Handling Checklist

- ☐ Check product quality and best before dates upon delivery.
- ☐ Refrigerated product needs to be put away immediately into the refrigerator upon delivery or products will breakdown rapidly and not be useable.
- ☐ Cardboard outer shipping packaging should be removed from refrigerated product to allow adequate air circulation in refrigerator to keep product properly cooled.
- ☐ Refrigerator temperature is at 2°C (36°F).
- ☐ Room temperature non-refrigerated products to be put away and stored off the ground.
- ☐ Any product shortages or quality issues reported to your NFVP contact within 48 hours, including:
 - company or brand names
 - tracking, lot numbers, bar codes
 - best before or use by dates on shipping or product packaging
 - photos showing the quality issue and any of the identifying markings listed above
- ☐ Before serving, rinse produce in cool clean water.
- ☐ Donate product not consumed within the week of delivery to a local community kitchen or organization if safe and appropriate to do so.
 - (Exceptions include the Dips and Apple Sauce Cups that have a longer shelf life as identified by the Best Before/Use By Dates printed on the packaging)
- ☐ Review best before dates and use FIFO (First In First Out) rotation for any long shelf life products carried over from previous weeks.



Safe Food Storage

Northern Fruit and Vegetable Program

Produce Storage

To store each item for safety and longevity, ensure to put produce away properly as soon as possible after delivery.



Refrigerate Immediately



- Blueberries
- Strawberries
- Cucumbers (If in tray or bag, remove inner packaging from shipping carton before refrigerating.)
- Peas- sugar snap or snow
- Sweet peppers (Remove inner packaging from shipping carton before refrigerating.)
- Precut fruit and vegetables
 - Such as apple slices, carrot sticks, etc...
- Ranch Dip



Does not require refrigeration if used within 2-3 days of delivery

- Tomatoes (Do not refrigerate- use within 2-3 days)
 - Tomatoes are chill sensitive and cold ruins flavour.
- Apples
- Clementines
- Nectarines
- Pears
- Peaches
- Plums
- Apple sauce (Shelf stable)



Funding

Northern Fruit and Vegetable Program

Funding



- The ministry provides funds to the health units to support the NFVP program each year.
- Each year, a certain amount of funds are sent to your school board/education authority for each school participating in the program.
 - Funds are sent in the fall, to support program delivery for the school year.
 - These funds vary each year; amounts are not guaranteed.
 - We recommend an amount for each school, but it is ultimately up to your school board to decide how much money your school receives.
- If you are unsure how to access these funds, please reach out to your school board/education authority.

Funding Purpose

- The funds provided are intended to support schools in the program objectives.
 - Refer to the *NFVP Funding Guide and Approved Items* for eligible ways to spend the funds.
 - If you wish to use the funds for something not on the list, and are unsure about if it qualifies, you can reach out to NFVP@neph.ca for assistance.



- If you have a big project idea or purchase that aligns with NFVP objectives, and your funds don't cover it, please reach out as well. We may be able to provide additional support and funds.

Please keep track of your spending, as a budget report is due at the end of the school year on how the NFVP funds were spent.

Food Literacy Resources

Northern Fruit and Vegetable Program



Resources

One of the objectives of NFVP is to also support food literacy and physical literacy. NFVP funds can be used for this purpose as well. Below are some helpful online resources to help you teach food and physical literacy in the classroom.

- [BrightBites](#) is a great resource for all things school nutrition, including curriculum supports for teaching about food and nutrition. This website is designed and maintained by Ontario Dietitians in Public Health (ODPH).
- [Educational Resources about nutrition | Teach Nutrition Prairies](#) – from Dairy Farmers of Canada also has some great free resources on food and nutrition.
- [Walk Broc and Role Toolkit](#) (Grades Jk-8) is a resource created by Thunder Bay District Health Unit. The program aims to support both the mandated daily physical activity requirements as well as the active living and physical wellness portion of the NFVP.
- [Rainbow Food Explorers – Educators Tool Kit](#) is another great resource for in the classroom for younger grades. (English only)
 - We have some copies of this Toolkit at Northeastern Public Health that we can loan out to your school for free! You may also use NFVP funds to order the toolkit for your school.

