

School Year 2013-2014 FFVP

Disallowable Foods

The primary purpose of the Fresh Fruit and Vegetable Program (FFVP) is to allow children who may not have access, the opportunity to consume fresh fruits and vegetables. Foods purchased through program funds should be fresh fruits and vegetables.

The following items are NOT allowed in the FFVP Program:

1. Processed or preserved fruits and vegetables (canned, frozen, or dried)
2. Juice of any kind (Fruit or Vegetable juice) - schools cannot purchase juice and cannot buy produce for the sole purpose of making juice out of it
3. Apple cider
4. Carbonated fruit
5. Frozen fruit bars
6. Snack type fruit products such as fruit strips, fruit drops, or fruit leather
7. Jellied fruit
8. Fruit that has added flavorings including fruit that has been injected with flavorings
9. Processed soybeans (fresh soybeans are permitted)
10. Trail mix
11. Fruit pizza or vegetable pizza
12. Smoothies
13. Yogurt covered dried fruit
14. Cookie dough
15. Caramel and/or candy apples
16. Any dips or dip ingredients to accompany fruit
17. Dips for vegetables above 3 grams fat/Tbsp such as peanut butter
18. Seeds and nuts
19. Cream cheese
20. Cottage cheese
21. Ice cream
22. Chocolate syrup or chocolate chips
23. Whipped topping
24. Cereal
25. Marshmallows
26. Tortillas
27. Water flavored with lemons or limes
28. Generally all other items that are not **fresh** fruits and/or **fresh** vegetables

If you choose to serve dips with vegetables, make sure to only offer:

- Low-fat yogurt-based or other low-fat or non-fat dips
- The amount used should be what is commonly noted as a "serving size" for condiments as shown on the Nutrition Facts Labels: 1 to 2 tablespoons
- 3 grams of fat or less per Tbsp

Fresh (not canned, frozen, dried or otherwise processed) vegetables that are cooked, must be limited to once-a-week and must always include a nutrition education lesson related to the prepared item.

Additionally, USDA no longer allows schools to use purchased produce to make juice.

If you have questions as to if a product is allowable or not, we encourage you to contact Susan Patton - Fresh Fruit and Vegetable Program Coordinator (Susan.Patton@education.ohio.gov) at ODE prior to making the purchase.