

The Villages® Charter School

2024/2025 SCHOOL YEAR

Fresh Fruits & Vegetables Program

Farm to Fresh/DoD Fresh Fruit and Vegetable Program

The Food and Nutrition Department participates in the Department of Defense's Fresh Fruit and Vegetable Program, commonly known as "DoD Fresh." This program helps local farmers by expanding the market opportunities to local schools to offer a much wider variety of fresh produce than would otherwise be available. By purchasing locally grown products, we are able to support two of the major challenges facing our society: concerns about the diet and health of children, and the disappearance of the small farms.

The goal of TVCS Food and Nutrition Department is to improve children's overall diet and create healthier eating habits to impact their present and future health. We aim to create a healthy environment by providing healthier food choices, expanding the variety of fruits and vegetables children experience; and increasing children's fruit and vegetable consumption. Children depend on school lunches or breakfasts as their only healthy meals of the day. Increasing participation in the federal school lunch and breakfast program is seen by experts as essential for improving the nutrition of all children. Please help us in our goal by encouraging your child to **eat colorful** by choosing foods from each of the five food groups at every school meal.

