

## **Fresh Fruit and Vegetable Grant**

### **BES, PFE, RES & TCH benefit from Fresh Fruit and Vegetable Grant for 2010 – 2011**



We have all heard about the importance of fresh fruits and vegetables in our diet. And you probably have heard the saying “an apple a day will keep the doctor away.”

This year students from all 4 Transylvania County Elementary Schools will have the chance to put these ideas into action by participating in the United States Department of Agriculture’s Fresh Fruit and Vegetable Grant. The grant was applied for and obtained by the Transylvania County Schools Department of Child Nutrition and provides a fresh fruit or vegetable snack to each child on Tuesdays, Wednesdays and Thursdays. School administrators and teachers from the schools have worked with Child Nutrition staff to develop a schedule which will enable each class to enjoy their snack days.

This program, while providing a healthy snack to students each day, will also introduce new and exciting fruits and vegetables.

