

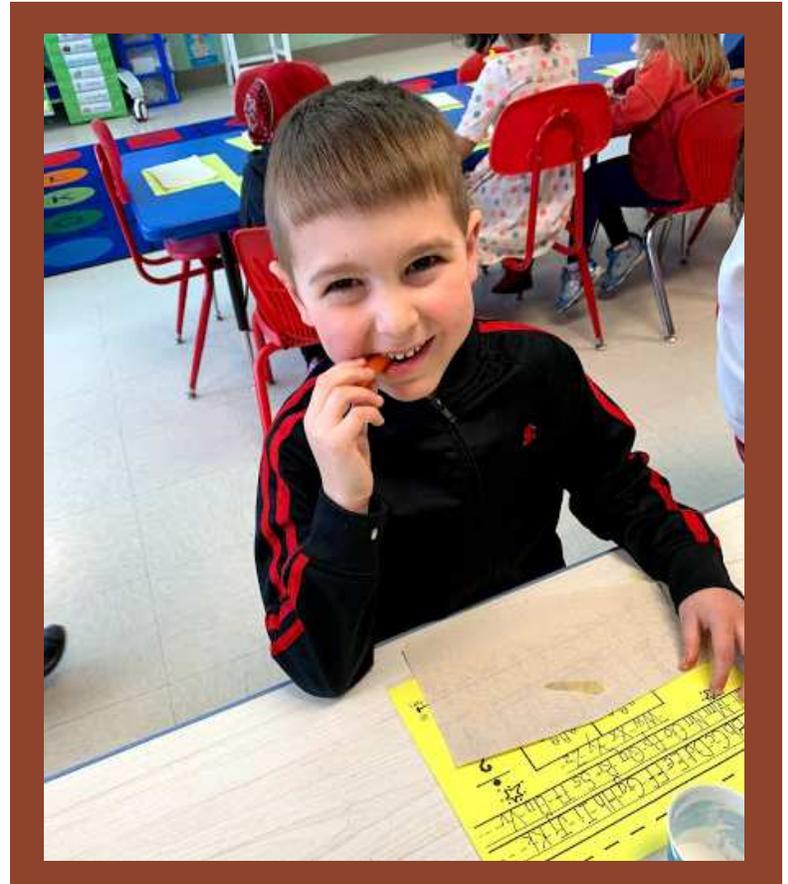
Fridley Public Schools: Preschoolers Now Snacking on Fresh Fruits and Veggies

Anoka County SHIP Success Story

With support of Anoka County SHIP and Fridley Public Schools Nutritional Services, Fridley Preschool was able to add a fresh fruit and vegetable snack for students age 3-5.

Previously, the snack had been items such as pretzels, goldfish, graham crackers, raisins, etc. However, the preschool was looking to add a fresh fruit and vegetable option, knowing that it would increase students' access to healthy foods they may not have readily available at home. Fresh fruits and veggies would also provide an opportunity to explore different foods, work on social skills, gross and fine motor skills, and personal hygiene.

The partnership with Nutritional Services and Anoka County SHIP enabled Fridley Preschool to purchase a sectionizer, knives, cutting boards, and storage bins for the fruits and vegetables. Fridley Nutritional Services has been focusing on promoting Farm to School and local produce at the K-12 level, and with their help the preschool is now able to give approximately 200 students the added option of fresh fruits and vegetables during snack time.



"Through the addition of the fresh fruit and vegetable snack option, we have watched our students at Fridley Preschool grow in their own knowledge of what it means to eat healthy, provide healthy food for your body, how to balance snack with fruits and vegetables with other foods, and also inquiry into how these fruits and vegetables grow and develop. The students are interested in where the food comes from, how to cut it, what a healthy portion is to eat, and then carry that knowledge home with them. Some of our students share about how they go to the grocery store with parents and now want to buy fruits and vegetables as they have had them in school. We are excited that this partnership with SHIP has allowed us to make an impact in the healthy choices our students are making and advocating for themselves and their own health and wellness."

- Fridley Preschool Staff