



The Dole Fresh Fruit and Vegetables (FFV) Planner

Your one stop for product ideas, strategies, budgeting, and getting the kids and faculty involved.

Dole Nutrition Newsletter

Each month, the Dole Nutrition Institute harvests the latest findings in nutrition from around the world to bring you a cornucopia of useful information. Have the latest in diet, fitness, Superfood recipes and wellness advice delivered straight to your inbox – for FREE. [Click here to sign up.](#)

Ideas for FFV programs

- [Eat your colors](#)
- [Color expert certificate](#)
- Ethnic weeks
- Crunchy weeks
- Fruits by country week
- Eat local week
- Small and large week
- Alphabet week

Request materials for these activities directly from your Dole representative.

Involvement of Kids and Staff

- [Information sheets for teachers to learn about the fruit or vegetables they will have that day](#)
- [Coloring sheets for fruit and vegetables](#)
- [Ideas for games](#)
- [Download music and lyrics](#)
- [Puzzles](#)
- [Videos, including The Bobby Banana Shuffle](#)
- [Facts](#)
- [Places grown](#)
- [Fun and easy ways to enjoy](#)
- [Nutrition](#)
- [Varieties](#)

Lesson Plans for Teachers

- [Language Arts](#)
- [Math](#)
- [Music](#)
- [Social Studies](#)
- [Science](#)
- [Cafeteria](#)
- [Student Activities](#)

Dole Support Team

For assistance with any of the programs, budget planning, to obtain produce handling guides or to arrange **Bobby** and **Pineloppy** visits to your school please contact:

Amanda Patterson (610) 521-9190
amanda.patterson@dole.com (East)

Celeste Frisbee (360) 336-3945
celeste.frisbee@dole.com (Northwest)

Hector E. Moran (818) 874-4826
hector.e.moran@dole.com (West)

John Heidkamp: (847) 441-5203
john.heidkamp@dole.com (Midwest and South)



Other Resources

- [Dole Nutrition Institute](#)
- [United Fresh Fruit Association](#)
- [Produce Market Association](#)
- [US Department of Agriculture](#)
- [Dole Superkids](#)
- [Dole Organic](#)
- [Dole Corporate Social Responsibility](#)

