



**A Message  
from the  
Desk of**

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**FRESH FRUIT AND  
VEGETABLE  
PROGRAM**



**West Virginia ranks 4<sup>th</sup> among the 50 states in the rate of obesity, trailing only Mississippi, Alabama, and Tennessee. This is according to Calorie Lab Incorporated (calorielab.com). In fact, more than two-thirds of West Virginians are overweight. Nearly one-third are obese.**

Closer to home, **Clay County is third among the 55 WV Counties in obesity**, behind Wayne and Gilmer Counties. We know that high rates of obesity lead to multiple health problems, including diabetes and heart disease.

In order to help children lead healthier lifestyles, **our elementary schools in Clay County are now serving fresh fruits and vegetables** to children during the afternoon. Fresh fruits and vegetables are good low-calorie, low-fat sources of vitamins, minerals, and fiber. These are served in addition to the

regular breakfast and lunch programs.

The Fresh Fruits and Vegetables Program (FFVP) is funded through grants provided by the WV Office of Child Nutrition. **The goals of the FFVP are:**

- Providing healthier food choices
- Expand the variety of fruits and vegetables children experience
- Increase children's fruit and vegetable consumption
- Make a difference in children's diets to impact their present and future health

In today's eat-and-run way of life, **fruits and vegetables are often left off the menu at home.** The FFVP is an effective and creative way of introducing fresh fruits and vegetables.

Thank you for your time and support. *go to:*  
[www.claycountyschools.org](http://www.claycountyschools.org)

