

**#MPSWellnessWeek**  
**Mindful Monday**

**Fresh Fruit and Vegetable Program (FFVP)**

Let's be mindful as we eat our FFVP snack.

Can you describe the snack using all 5 senses?

**Hearing, Seeing, Touching:** Notice how the FFVP fruit or vegetable is packaged. What does it sound like when you unwrap the FFVP fruit or vegetable from its packaging.

**Seeing:** Take time to really focus on it; gaze at the fruit or vegetable with care and full attention—imagine that you've just dropped in from Mars and have never seen an object like this before in your life. Let your eyes explore every part of it, examining the color, texture, shape and unique features. Notice how it is sliced or diced.

**Touching:** Hold it in the palm of your hand or between your finger and thumb. Turn the fruit or vegetable over between your fingers, exploring its texture. Maybe do this with your eyes closed if that enhances your sense of touch.

**Smelling:** Hold the fruit or vegetable beneath your nose. With each inhalation, take in any smell, aroma, or fragrance that may arise. As you do this, notice anything interesting that may be happening in your mouth or stomach.

**Touching:** Now slowly bring the fruit or vegetable up to your lips, noticing how your hand and arm know exactly how and where to position it. Gently place the fruit or vegetable in your mouth; without chewing, noticing how it gets into your mouth in the first place. Spend a few moments focusing on the sensations of having it in your mouth, exploring it with your tongue.

**Tasting:** When you are ready, prepare to chew the fruit or vegetable, noticing how and where it needs to be for chewing. Then, very consciously, take one or two bites into it and notice what happens in the aftermath, experiencing any waves of taste that emanate from it as you continue chewing. Without swallowing yet, notice the bare sensations of taste and texture in your mouth and how these may change over time, moment by moment. Also pay attention to any changes in the object itself.

**Swallowing:** When you feel ready to swallow the fruit or vegetable, see if you can first detect the intention to swallow as it comes up, so that even this is experienced consciously before you actually swallow the fruit or vegetable.

Finally, see if you can feel what is left of the fruit or vegetable moving down into your stomach, and sense how your body as a whole is feeling after you have completed this exercise.

Adapted from [Greater Good in Action](#)