

HOTM FOLDOUT (K)

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To ALL SITE ADMINISTRATORS		WAD Date November 2, 2011	WAD No.	Page 1 of 1
Subject November Harvest of The Month – Green Beans		Date Due N/A	Not Applicable After November 30, 2011	
From Kim Coates	Title Supervisor- Student Support Services Department, School Health Programs	Signature	Telephone 242-2615	

Action Required

PLEASE INFORM ALL STAFF AND ENCOURAGE HARVEST OF THE MONTH ACTIVITIES X Post X Distribute To All Staff

Administrative Directive

WHO: All Staff at Elementary, Middle and High Schools

WHAT: November's Harvest Of The Month – Green Beans



Facts about Green Beans:

1. A half cup of cooked green beans provides a good source of vitamin C and vitamin K.
2. Green beans are nitrogen fixers, which means they have the ability to draw nitrogen from the air and return it to the soil. Nitrogen is essential for healthy soil and plants.
3. The common bean was cultivated in ancient Mesoamerica as early as 8,000 years ago. Beans were even found in the mummy covering of a woman in a Peruvian cemetery dating back to pre-Inca civilization.

For more information about *Green Beans*, click on the attachments below:

- Educator's newsletter
- Family Newsletter (English)
- Family Newsletter (Spanish)
- Family Newsletter (Chinese)

HOW:

- **Distribute Harvest of the Month materials:**
 - ⇒ Copy Educator's Newsletter for every classroom teacher
 - ⇒ Copy Family Newsletter, send home in weekly envelope
- Prepare and offer *Creole Green Beans or Green Beans in Dip Recipes* from the Educator Newsletter and Family Newsletter, at your next staff meeting
- Teach a lesson from the Educator's Newsletter

WHY:

The goal of Harvest of the Month is to increase fruit and vegetable awareness and to motivate children, families, and school staff to make healthier choices.

WHEN: November 2011

Approved	Name Kevin Truitt	Title Associate Supt. Student Support Services	Signature
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