

What is Harvest of the Month?

- Every month each student will taste a delicious Harvest of the Month fruit or vegetable. Your child will come home wearing a sticker like this:



- Many classroom teachers talk about Harvest of the Month when they teach math, science, art, reading and history.
- Every month you will receive a Harvest of the Month Family Newsletter. Read it over with your family for nutrition facts and recipes. Learn fun ways to be physically active as a family.

Add the Harvest of the Month fruit or vegetable to your shopping list!

Send cut-up fruits and vegetables for snacks and celebrations!

We want to encourage our students to eat lots of colorful fruits and vegetables!

Who are the Nutrition Coordinators?

They are the people at each of the schools who plan and teach healthy activities for students and families. Your child's school is one of the 20 SFUSD elementary schools that have this nutrition project. You can join in the fun by:

- Coming to Family Health Nights
- Attending a Parent Workshop
- Helping with a class fieldtrip to a Farmers' Market

Ask your child's teacher or your school's Nutrition Coordinator for more information!

Harvest of the Month Calendar 2009 - 2010	
Month	Fruit or Vegetable
SEPTEMBER	APPLES
OCTOBER	ROOTS & TUBERS
NOVEMBER	COOKED GREENS
DECEMBER	DRY BEANS
JANUARY	GRAPEFRUIT
FEBRUARY	BEETS
MARCH	SALAD GREENS
APRIL	STRAWBERRIES
MAY	CUCUMBER
JUNE	CORN

Harvest Morning Treat

of servings: 4

Ingredients:

- 1/4 cup orange juice
- 1 apple
- 1 orange
- 1 banana



Instructions:

1. Place orange juice in bowl.
2. Wash apple and dry. Remove the seeds and cut into small pieces. Dip the apples in orange juice to prevent browning.
3. Peel orange and break into sections. Cut sections into small pieces.
4. Peel and slice banana into small circles.
5. Combine all fruit and orange juice lightly in a bowl and mix together. Chill or serve immediately.

Nutrition information per serving: Calories 70, Carbohydrate 17g, Dietary Fiber 2g, Protein 1g
Recipe Source: SNAP-Ed