

CLASSROOM WELLNESS GUIDE

October 2016

✓ Teach & Taste Check-Off

- **October 18: Taste & Teach** the Harvest of the Month
- **Post the MyPlate poster**
- **Review with your students and families:** 1/2 your plate is fruit & vegetables
- **Teach the lesson** from your Teacher Binder, using the student workbooks:
 - K-1: *MyPlate*
 - 2-3: *MyPlate*
 - 4-5: *What's on a Label?*



Harvest of the Month



On Tues., **Oct. 18, 2016**

you will receive:

- **2 kinds of root vegetables** (1/4 of each variety for each student)
- **Family newsletters** to send home
- **Stickers** to give students following the tasting
 - Please have students complete the activities in the workbook!
 - Check out recipes on the back.

Check out the **10/12 WAD** with tips, flyers and snacks for a Healthy Halloween

- Leave the candy at home!
- Make Boo-nanas with banana, yogurt and raisin eyes
- Make a scary green Kiwi & Lime Wellness Water.



Harvest of the Month —What's Next?

NOV	Sweet Potatoes 	School Lunch Offering	Date to be announced
DEC	Winter Squash 	Optional Classroom tasting (boxed squash soup)	Mon, 12/5

WELLNESS WATER OF THE MONTH...



Kiwi & Lime