**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.

**KEY MESSAGES**
- Fruits and veggies should be half of what you eat!
- Leave the Halloween candy at home!

**Harvest of the Month — What’s Next?**

<table>
<thead>
<tr>
<th>Nov</th>
<th>Winter Squash</th>
<th>School Lunch Offering</th>
<th>Date to be announced</th>
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<tbody>
<tr>
<td>Dec</td>
<td>Sweet Potatoes</td>
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**WELLNESS WATER OF THE MONTH...**

- **November:** Sweet Potatoes
- **December:** Winter Squash

**Kiwi & Lime**

For more resources, visit our website: [www.healthiersf.org/nutrition](http://www.healthiersf.org/nutrition)