

CLASSROOM WELLNESS GUIDE

September 2016

WELCOME TO THE NEW SCHOOL YEAR!

The Nutrition Education Project is excited to be at your school! This year you will receive:

- A [Teacher Binder](#) (Grades TK—1, 2-3, 4-5) with Harvest of the Month (HOTM) activities, a monthly nutrition lesson or activity, and physical activities for classroom breaks.
- A class set of [Student Workbooks](#) which correspond to the HOTM and monthly lesson plans (in your manual)
- Monthly, you will receive: [Posters](#) to hang in your classroom and this [Classroom Wellness Guide](#).



Harvest of the Month

On Tues., **Sept. 20, 2016** you will receive:

- **2 kinds of apples** (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!
 - Bring a knife to cut up the apples!
 - Check out recipes on the back.

Harvest of the Month 2016 - 2017			
Month	Fruit or Vegetable	Tasting Location	Delivery Date
SEPTEMBER	Apples	Classroom	Tues, 9/20
OCTOBER	Root Vegetables	Classroom	Tues, 10/18
NOVEMBER	Sweet Potatoes	School Lunch Offering	Date to be announced
DECEMBER	Winter Squash	Optional Classroom tasting (boxed squash soup)	Mon, 12/5
JANUARY	Tangerines	Classroom	Tues, 1/24 (Week of Lunar New Year)
FEBRUARY	Cooked Greens	Cafeteria	Date TBD
MARCH	Broccoli	School Lunch Offering	Date to be announced
APRIL	Carrots	Classroom	Tues, 4/8
MAY	Strawberries	Classroom	Tues, 5/9

The Family Newsletter and Classroom Lesson topics are aligned!



WELLNESS WATER OF THE MONTH...

Watermelon & Mint

