



Harvest of the Month

2016/2017

The Harvest of the Month program, supported by Health Education Council and offered by Nutrition Services provides nutrition education and monthly tasting activities for the classroom. Each month, classrooms receive a tasting kit containing a selected California fresh produce that the students will learn about and taste. The produce lesson is accompanied by a broader nutrition message including choosing healthy snacks, rethink your drink and MyPlate lessons. This year students will learn about root vegetables, greens, stone fruit and citrus fruits just to name a few.

Harvest of the Month is offered to all 4th and 5th grade classrooms district wide. To sign up for the program teachers complete a Harvest of the Month training on classroom nutrition education instruction they then receive a class set of Harvest of the Month workbooks for each student to complete throughout the year as well as a monthly tasting kit from the cafeteria on the first Thursday of every month. Students enjoy their Harvest of the Month lessons and look forward to tasting new fruits and vegetables.

The Harvest of the Month program is also provided to all classrooms to many of the schools participating in the Fresh Fruit and Vegetable Snack Program. Nutrition Education has always been a priority with schools participating in this program and Harvest of the Month workbooks and classroom friendly tasting kits take the nutrition lessons to the next level.