

# Harvest of the Month™

## Is Coming To Your Classroom!

Link the cafeteria with your classroom by tasting and exploring the featured fruit or vegetable each month. Harvest of the Month supports you in teaching students to develop healthy eating and physical activity habits to last a lifetime!

### **MONTHLY FEATURED ITEMS**

August - Watermelon (*salad bar only*)

September - Dried Fruit

October - Heirloom Tomatoes

November - Persimmons

December - Apples

January - Salad Greens

February - Kiwi

March - Berries

April - Snap Peas

May - Grapefruit

### **PARTICIPATING CLASSROOMS WILL GET THE FOLLOWING RESOURCES**

- **FREE Classroom tasting party** of the featured fruit/vegetable each month\*
- **Garden with HOTM!** Incorporate monthly gardening activities with your class. Follow the plan to grow some of your own HOTM items!
- **Monthly Electronic Lesson Plans** include links to:
  - Electronic Student Workbooks (grades K-5 )
  - Educator Newsletters full of classroom activities for K-12 (linked to the Common Core Standards)
  - Electronic Family newsletters (Eng/Span) send the message home

\*Classroom tasting parties: the 1st week of each month your school cafeteria will have a supply of the featured fruit or vegetable for you to pick up and bring back to your classroom. The produce will be washed and uncut. Teacher must provide other tasting party supplies (i.e. knife, cutting board, napkins, etc.). You will receive email notification each month about the items and quantities available for pick up.



**SIGN UP TODAY!** [vanessaluna@vistausd.org](mailto:vanessaluna@vistausd.org)

For more information about Harvest of the Month visit: [www.harvestofthemonth.com](http://www.harvestofthemonth.com)