

FRESH FRUIT AND VEGETABLE PROGRAM

SEPTEMBER 2019

Nutrition Education and Activities!

Red Week: September 9-13, 2019

Count those Strawberry Seeds!

Did you know that the average strawberry has 200 tiny seed on the outside of each berry? **Activity:** Take the time while eating these delicious berries to count the seeds.

Orange/Yellow Week: September 23-27, 2019

The pineapple originated in southern Brazil and Paraguay. The name pineapple was derived from the word piña because Spanish explorers thought the fruit looked like a pine cone.

Activity: Look up where Brazil and Paraguay are located on a map.


























Green Week: September 16-20, 2019

Sugar Snap Peas

Snow peas are eaten when they are young and crisp. They are pale to medium green and have an edible flat and firm pod. They are usually one and a half to three inches long. Inside the pod are undeveloped sweet peas. Snow peas are ready to eat when there is a slight bulge of the tiny sweet pea seeds.

Activity: Measure the sugar snap peas to see how long each one is and add the measurements of the serving you receive together to determine their total length.

	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Week 1</p> <p>Eat a Variety of Colors Week</p>	<p>2 No School</p> <p>*This institution is an equal opportunity employer</p>	<p>3 Whole Pear</p> 	<p>4 Cucumber Slices with Ranch Dip</p> 	<p>5 Petite Banana</p> 	<p>6 Blueberries</p> 
<p>Week 2</p> <p>Red Week</p>	<p>9 Red Grapes</p> 	<p>10 Watermelon Cubes</p> 	<p>11 Cherry Tomatoes with Ranch Dip</p> 	<p>12 Whole Strawberries</p> 	<p>13 Red Apple Slices</p> 
<p>Week 3</p> <p>Green Week</p>	<p>16 Whole Green Apple</p> 	<p>17 Sugar Snap Peas</p> 	<p>18 Kiwi Fruit</p> 	<p>19 Celery Sticks with Ranch Dip</p> 	<p>20 Green Grapes</p> 
<p>Week 4</p> <p>Orange/Yellow Week</p>	<p>23 Golden Delicious Apple</p> 	<p>24 Orange Smiles</p> 	<p>25 Carrots</p> 	<p>26 Cantaloupe Cubes</p> 	<p>27 Pineapple</p> 
	<p>30 Whole Pear</p> 				

*Please share the nutrition education piece with your students. Remember the goal is to increase student participation and educate in trying new fruits and vegetables. All snacks must be distributed to students each day.