

The Daily Scoop of good nutrition news! ... at a glance.

A series of fun and kid-friendly nutrition tips for your daily school (or classroom) announcements. Brought to you by *Lean and Green Kids*, elevating the importance of plant-strong nutrition education to a daily practice! This document outlines the focus of each monthly issue. If your school is highlighting a different *Harvest of the Month*, a seasonal supplement with alternative HOM tips is available.

F A L L	<p style="text-align: center;">SEPTEMBER Harvests of the Month Introduction w/ Melon & Tomato (nutrients)</p> <p style="text-align: center;">Cool Bean w/ Cultural Connection Introduction to Cool Beans</p> <p style="text-align: center;">Health Campaign Better Breakfast Month</p> <p style="text-align: center;">FALL Environmental Connection Eating in Season</p>	<p style="text-align: center;">OCTOBER Harvests of the Month Pumpkin (beta carotene/phytonutrients) & Pear (fiber)</p> <p style="text-align: center;">Cool Bean w/ Cultural Connection Navy Bean, America & US Navy</p> <p style="text-align: center;">Health Campaign Walk to School Day</p> <p style="text-align: center;">FALL Environmental Connection Eating in Season</p>	<p style="text-align: center;">NOVEMBER Harvests of the Month Winter squash & Persimmon (Vitamin A)</p> <p style="text-align: center;">Cool Bean w/ Cultural Connection Kidney Bean, Native Americans</p> <p style="text-align: center;">Health Campaign International Diabetes Day</p> <p style="text-align: center;">FALL Environmental Connection Eating in Season</p>
W I N T E R	<p style="text-align: center;">DECEMBER Harvests of the Month Leafy Greens (calcium) & Apples (natural sugar)</p> <p style="text-align: center;">Cool Bean w/ Cultural Connection Garbanzo bean, Hanukkah & Middle East</p> <p style="text-align: center;">Health Campaign none</p> <p style="text-align: center;">WINTER Environmental Connection Eating Local, farmers markets and gardens</p>	<p style="text-align: center;">JANUARY Harvests of the Month Sweet Potato (Vitamins) & Oranges (folate)</p> <p style="text-align: center;">Cool Bean w/ Cultural Connection Black Eyed Peas, Africa & American South</p> <p style="text-align: center;">Health Campaign none</p> <p style="text-align: center;">WINTER Environmental Connection Eating Local, farmers markets and gardens</p>	<p style="text-align: center;">FEBRUARY Harvests of the Month Beet (Vitamins A & B) & Dried Fruit (potassium)</p> <p style="text-align: center;">Cool Bean w/ Cultural Connection Soybean, Chinese New Year</p> <p style="text-align: center;">Health Campaign American Heart Month</p> <p style="text-align: center;">WINTER Environmental Connection Eating Local, farmers markets and gardens</p>
S P R I N G	<p style="text-align: center;">MARCH Harvests of the Month Spinach (vitamin K) & Berries (phytonutrients)</p> <p style="text-align: center;">Cool Bean of the Month w/ Cultural Connection Lentil, India & the Festival of Colors</p> <p style="text-align: center;">Health Campaign National Nutrition Month</p> <p style="text-align: center;">SPRING Environmental Connection Eating Sustainably (conserving resources)</p>	<p style="text-align: center;">APRIL Harvest of the Month Asparagus (Vitamin E) & Kiwifruit (Vitamin C)</p> <p style="text-align: center;">Cool Bean of the Month w/ Cultural Focus Beans around the world/ Earth Day</p> <p style="text-align: center;">Health Campaign World Health Day</p> <p style="text-align: center;">Spring Environmental Focus Eating Sustainably (conserving resources)</p>	<p style="text-align: center;">MAY Harvest of the Month Avocado (healthy fats) & Carrots (Vitamin A)</p> <p style="text-align: center;">Cool Bean w/ Cultural Connection Pinto Bean, Cinco de Mayo</p> <p style="text-align: center;">Health Campaign Bike to School Day & National Salad Month</p> <p style="text-align: center;">Spring Environmental Connection Eating Sustainably (conserving resources)</p>

