

Harvest of the Month

Growing Healthy Students



Health and Learning Success Go Hand-in-Hand

April is National Garden Month, presenting a great opportunity to teach students about fruits and vegetables and actively engage them in physical activity outdoors. This may help prepare students for the Standardized Testing and Reporting, as studies show improved academic performance among students who eat healthy meals and get physical activity every day. **Harvest of the Month** connects with core curricula to give students the chance to explore, taste and learn about the importance of eating fruits and vegetables. It links the classroom, cafeteria, home and community to motivate and support students to make healthy food choices and be physically active every day.



Nutrition Facts

Serving Size: 1 cup, chopped (128g)

Calories 52

Calories from Fat 3

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 88mg 4%

Total Carbohydrate 12g 4%

Dietary Fiber 4g 14%

Sugars 6g

Protein 1g

Vitamin A 308% Vitamin C 13% Calcium 4% Iron 2%