



September: Tomatoes

October: Winter Squash

November: Persimmons

December: Figs, Dates, and Raisins

January: Tangerines, Tangelos

February: Red Cabbage, Bok Choy

March: Sugar Snap Peas

April: Asparagus

May: Avocados

June: Nectarines and Peaches



SANTA ANA UNIFIED SCHOOL DISTRICT  
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SANTA ANA UNIFIED  
SCHOOL DISTRICT

Phone: 714-558-5688

Fax: 714-245-5088

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SANTA ANA UNIFIED  
SCHOOL DISTRICT



## Goal of Nutrition

### Network:

To increase consumption of fruits and vegetables and to increase daily physical activity.

### IN SCHOOLS...

Nutrition Network provides schools with the following resources:

- Teacher Trainings
- Parent Resources
- Cooking Classes
- Assemblies
- Incentives
- Books

### TEACHERS...

Nutrition Network provides resources with the following:

- Harvest of the Month
- Standards based lessons
- Cross curricular links
- Professional Development

### PARENTS...

Nutrition Network provides parents with the following:

- Nutrition Education
- Guest Speakers
- Community Resources
- Cooking Classes



### HARVEST OF THE MONTH

- Monthly produce deliveries to school for taste testing
- Pre-K-12 grade (classroom teachers, librarians)
- Standards based lessons
- Cross curricular links
- Materials and Resources

### HARVEST OF THE MONTH

#### BOOK CLUB

- A monthly book reading held at a local book store
- Activities for the children
- Harvest of the Month taste testing
- Physical activity with YMCA's support
- Guest Support

