

## FRESHEALTH

# FEBRUARY 2024:

## THIS MONTH'S THEME:

### Sharing is Caring

Happy February, students!

Get ready for a delicious adventure with our in-classroom FFVP snack activity! After you each receive your yummy fruits or veggies, here's the fun part: share a piece with your classmates! Take a bite and then chat with your friends about what you liked or maybe didn't like about the produce item. Was it super juicy, crunchy, or maybe a surprising flavor?

Sharing and talking about it makes snack time even more awesome, creating a classroom filled with smiles and tasty discoveries. Happy snacking and sharing!

#### MON

#### TUE

#### WED

#### THU

#### FRI

This week's options:

Cara Cara Orange Wedges, 3oz Broccolini, 2oz









**Blood Orange Slices, 4oz** Red & Green Pepper Slices, 2oz









Apple Slices & Grapes, 3oz Rainbow Cauliflower, 202



13







Kiwi Slices, 2oz **Baby Carrots & Sugar** Snap Peas, 2oz



26





Tropical Blend, 2oz Jicama Sticks, 2.5oz







