



The ***Harvest of the Month*** program focuses on providing food and nutrition education materials for the classroom, cafeteria, and community to promote the use of local and seasonal foods.

Each month's set of materials is focused on a food 'family' that includes 4 weeks of materials for foods within the overall food family.

Harvest of the Month Materials Include:

- 9-minute classroom nutrition education lessons
- Recipes for food samplings
- Supporting visual education materials for the classroom and dining room