

Harvest of the Month

Network for a Healthy California

Growing Healthy Students

...Learning healthy habits



Eat Healthy. Be Active.

We want your child to eat healthy and be active. These habits can help your child feel better and be ready to learn. That's why our school is doing *Harvest of the Month*.

Harvest of the Month is a hands-on program to help your child learn about fruits, vegetables, and physical activity.

Each month, your child will do *Harvest of the Month* activities in the classroom. You will get a newsletter with simple and fun ideas to help your family eat more fruits and vegetables and be more active.

We look forward to sharing *Harvest of the Month* with you every month.

To learn more about healthy eating, visit:
www.cachampionsforchange.net



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. •California Department of Public Health