



Gear up for the new school year with *Harvest of the Month* and other *Network* resources!

As you prepare for the upcoming school year, provide teachers with resources to help expand the *Harvest of the Month* experience for their students and families. Here are a few simple steps you can follow:

- 1. Share Resources with Teachers:** Share these four resources with teachers prior to the start of the school year or at a *Harvest of the Month*/Nutrition Education training. These resources will help provide students with basic nutrition information to help them make healthier choices.
 - “How Much Do I Need?” activity sheets ([English](#) / [Spanish](#))
 - Introductory Letter to Families ([English](#) / [Spanish](#))
 - *Network Slide Guide* (order from [Network’s Online Ordering System](#))
 - *Healthy Kids: Help Your Kids Power Up with Fruits, Vegetables, and Physical Activity* brochure ([English](#) / [Spanish](#)) (can also order from [Network’s Online Ordering System](#))
- 2. Set the Nutrition Education Foundation:** As teachers prepare to kick off *Harvest of the Month* activities, encourage them to establish a nutrition foundation by using the “[How Much Do I Need?](#)” activity sheets. These activity sheets (available in [English](#) and [Spanish](#)) will give students a background on how many cups of fruits and vegetables they need to eat daily, how to estimate half-cup and one-cup quantities, and the health benefits of eating fruits and vegetables and getting physical activity.

- 3. Inform Families in Advance:** Let families know their children will experience different featured produce items throughout the year as part of *Harvest of the Month* activities. Encourage schools and teachers to send home the new Introductory Letter to Families ([English](#) / [Spanish](#)) at the start of the school year. (Note that this letter is different from the *Harvest of the Month* family newsletters.) You may also want schools to send home the *Network's Slide Guide* and *Power Play's* parent brochure, *Healthy Kids: Help Your Kids Power Up with Fruits, Vegetables, and Physical Activity* brochure ([English](#) / [Spanish](#)). Both of these resources can be ordered from the [Network's Online Ordering System](#).
- 4. Distribute and Use the Monthly Elements:** After teachers implement the "How Much Do I Need" activities in the classroom and send home the parent/family information, they are ready to start *Harvest of the Month* activities utilizing the educator newsletters, family newsletters, menu slicks, and posters. Be sure that schools and teachers have plenty of posters throughout the school year. The posters can be ordered from the [Network's Online Ordering System](#).
- 5. Visit Us Online:** Remember to visit www.harvestofthemonth.com regularly for the latest monthly elements and additional extension materials available in the [Educators' Corner](#).