

FRESH FRUIT AND VEGETABLE PROGRAM

FEBRUARY 2025

Nutrition Education and Activities!

Red Week: February 3-7, 2025

Activity: Sweet and Sour

Directions: Ask students which fruits/vegetables are the most sweet and which fruits/vegetables are the most sour. Have students vote on their favorite fruit/vegetable from each category to see which is the class favorite on both sides.

Orange/Yellow Week: February 17-21, 2025

Activity: Crunching Contest

Directions: Have your students rank from 1-5 (5 is high) the most crunchy vegetables and fruits and the least. At the end of the week, have your students share what they thought was the most and the least crunchy of the fruits and vegetables offered this week!

Green Week: February 10-14, 2025





















Activity: "Eating the Alphabet from A-Z"

Directions: As a class, have your students try to list one produce item for each letter of the alphabet! Which ones were the trickiest? Think of all the variety that was mentioned. There is so many fruits and vegetables out there!

Eat a Variety of Colors Week: February 24-28, 2025

Activity: Classroom Team Effort– Make a Rainbow!

Directions: Have your students help you draw a rainbow on the board. Have students name/list fruits and vegetables that fall under each color section to make the rainbow. Teachers, write the name of each produce item in the rings of the rainbow. Educate students that eating many different types of fruits and vegetables is very healthy because each color has different nutrition than the next!

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Red Week	3 Radish 	4 Red Grapes 	5 Sliced Roma Tomatoes 	6 Red Cabbage with Ranch Dressing 	7 Watermelon 
Week 2 Green Week	10 Green Beans 	11 Brussel Sprouts with Ranch Dressing 	12 Granny Smith Apple 	13 Cotton Candy Green Grapes 	14 No School 
Week 3 Orange/Yellow Week	17 No School 	18 Multi-Colored Carrots 	19 Kumquat 	20 Mango Chunks 	21 Yellow Squash 
Week 4 Eat a Variety of Colors Week	24 Mixed Color Pepper Strips 	25 Pink Lady Apple 	26 Kiwi 	27 Jicama with Ranch Dip 	28 Blackberries 
	*Menu Subject to Change		This Institution is an Equal Opportunity Provider		

*Please share the nutrition education piece with your students. Remember the goal is to increase student participation and educate in trying new fruits and vegetables. All snacks must be distributed to students each day.