

FRESH FRUIT AND VEGETABLE PROGRAM

OCTOBER 2026

Nutrition Education and Activities!

Orange/Yellow Week: October 1-2, and 26-30, 2026

Activity: Can you solve it?

Directions: Look at the fruit pictures and the number sentence.

Can you figure out what number each fruit represents? Work together to solve the mystery!

What number is one banana? A: 2

What number is the orange? A: 3

$$\text{Banana} + \text{Banana} = 4$$

$$\text{Banana} + \text{Orange} = 5$$

Red Week: October 12-16, 2026

Activity: My Favorite Fruit or Vegetable

Directions: Have students take out a piece of paper and draw their favorite fruit or vegetable. When they are finished, have students share their drawing with a classmate and tell them why it is their favorite.

Challenge: Would you eat your favorite fruit or vegetable at breakfast? Why or why not?

Eat a Variety of Colors Week: October 5-9, 2026

Activity: History of Jicama.

Directions: Did you know that Jicama has been grown in Mexico for hundreds of years. The name "jicama" comes from an indigenous Mexican language called Nahuatl. Jicama became popular in other parts of the world as people traveled and traded foods. The outside of jicama has a brown, rough outside, but inside it is white, juicy, and crunchy. Today, Jicama is enjoyed in salads, fruit cups, or eaten fresh!

Green Week: October 19-23, 2026

Activity: Watch the video Harvest of the Month-Zucchini

Directions: Please watch the video regarding Zucchini. After the Video ask your student these questions:

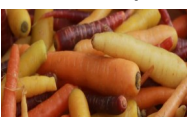
*Can you name the two minerals they spoke about in the video?

A: Manganese (helps in formation of bones)

Potassium (helps our nerves throughout our body).

*How many cups of Fruits and Vegetables should kids eat?

A: 2-1/2 to 5 Cups each day.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1 Orange/Yellow Week			This Institution Is an Equal Opportunity Provider	1 Banana 	2 Yellow Pepper Sticks 
Week 2 Eat a Variety of Colors Week	5 Honeydew 	6 Jicama with *Ranch Dressing 	7 Tri-Color Rainbow Carrot Chips 	8 Cauliflower 	9 Mixed Medley Grape Tomato 
Week 3 Red Week	12 Red Pepper Sticks 	13 Watermelon 	No School: October 14th—16th, 2026 *Please share the nutrition education piece with your students. Remember the goal is to increase student participation and education in trying new fruits and vegetables. All snacks must be distributed to students each day. *Ranch Dressing will be served this month at Kennedy and Lakeland only.		
Week 4 Green Week	19 Granny Smith Apple 	20 Zucchini Sticks with *Ranch Dressing 	21 Cucumber 	22 Green Grapes 	23 Kiwi 
Week 5 Orange/Yellow Week	26 Cantaloupe 	27 Banana 	28 Pineapple 	29 Mandarin Orange 	30 Yellow Squash 