FRESH FRUIT AND VEGETABLE PROGRAM

NOVEMBER 2026

Nutrition Education and Activities!

Eat a Variety of Colors Week: November 2-6 and 30, 2026

Activity: History of Moon Drop Grapes

Directions: Moon Drop Grapes were developed in California. They are unusually long, narrow, dark purple, and seedless. They were created through natural cross-breeding, a process that combines different grape varieties to develop a new characteristic. They grown on vines like other grapes and are crisp, juicy, and delicious.

True or False: Moon Drop Grapes grow underground? **A:** False

True or False: Moon Drops are long and narrow? **A:** True

Green Week: November 16-20, 2026

Activity: Draw your favorite Green Fruit or Vegetable

Directions: Have students take out a piece of paper and draw their favorite GREEN fruit or vegetable. Ask students to share why it is their favorite fruit or vegetable.

Red Week: November 9-13, 2026

Activity: Play this video on "All About Beets"

Directions: Ask your students if they can answer these two questions after watching the video on beets.

1. Can beets help with muscle cramps? **A:** Yes, they are an excellent source of potassium which helps with muscle cramps.
2. What is the best way to pick beets? **A:** Outside of a beets should be smooth, round, and firm. The surface should be free of bruises.

Orange/Yellow Week: November 23-27, 2026

Activity: Immune Health: Fuel Your Muscles!

Directions: Ask your students: "Can you name a mineral that helps our muscles work properly and may help prevent cramps?" (A: Potassium). Beets are an excellent source of potassium. Ask your students: "Can you name three other fruits or vegetables that are rich in Potassium?" **A:** Bananas, Potatoes, Sweet Potatoes, Cantaloupe, Spinach, Oranges.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 4 Eat a Variety of Colors Week	2 No School	3 Blood Oranges	4 Moon Drop Grapes	5 Purple Radishes	6 Kiwi
Week 1 Red Week	9 Red Grape Tomato	10 Gala Apple	11 Grapefruit	12 Red Beet Cubes	13 Watermelon
Week 2 Green Week	16 Broccoli	17 Brussels Sprouts	18 Sliced Granny Smith Apple	19 Green Grapes	20 Celery Sticks
Week 3 Orange/Yellow Week	23 Banana	24 Butternut Squash with Ranch	**No School:** November 25-27, 2026 **Thanksgiving Break**		
Week 4 Eat a Variety of Colors Week	30 Mixed Pepper Strips			*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.**