POWER UP WITH THE PRODUCE LEAGUE!

THE SWEET POTATO SHIELD

HARVEST FESTIVAL

MON NOV 2
Snap Dragon Apple



WED NOV 4
Grapes IW 50/2 oz



FRI NOV 6
GA Satsuma



MON NOV 9
Cameo Apple



WED NOV 11
Celery Sticks IW 2 oz



FRI NOV 13
Oranges, IW



MON NOV 16
Kiku Apple



WED NOV 18
Carrot Shakers Tajin IW 75/2.5 oz



FRI NOV 20
Empire Apple



TASTE • EXPLORE • POWER UP!

Every bite helps restore the Produce Kingdom!

POWER UP WITH THE PRODUCE LEAGUE: WEEK 1 HEROES

The Missing Colors Mystery:
Help the Produce League restore the kingdom's colors!

Snap Dragon Apple



ENERGY & IMMUNITY

- Vitamin C
- Fiber
- Antioxidants

Grapes



BRAIN POWER

- Vitamin K
- Resveratrol
- Fiber

Satsuma



IMMUNE BOOST

- Vitamin C
- Fiber
- Potassium

Color Detectives

What snack color do you see most?

Which color is healthiest?

_____

Taste & Texture

Check all that apply!

- ☐ Sweet
- ☐ Sour
- ☐ Crunchy
- ☐ Soft

Fruit Riddle

I'm red, I'm sweet, and I'm a dragon in disguise!

What am I?

_____

POWER UP WITH THE PRODUCE LEAGUE!

WEEK 2 HEROES

Captain Carrot's Crunchy Clues:
Investigate what makes food powerful!

Carrot



VISION & GROWTH

- Vitamin A
- Fiber
- Antioxidants

Celery



HYDRATION & DIGESTION

- Vitamin K
- Folate
- Fiber

Oranges



IMMUNE SUPPORT

- Vitamin C
- Fiber
- Potassium

Use Your Senses

- What do you see?
- What do you smell?
- What does it feel like?
- What does it taste like?



Word Puzzle

R O T A C R

Mission: Crunch Time!

Try a new way to enjoy carrots today!

POWER UP WITH THE PRODUCE LEAGUE!

WEEK 3 HEROES

The Harvest Heroes Power-Up!





GA Satsuma



CITRUS POWER

- Vitamin C
- Fiber
- Potassium



Cameo Apple



HEART HEALTH

- Vitamin C
- Fiber
- Polyphenols



Kiku Apple



STRONG BONES

- Vitamin C
- Fiber
- Calcium



Find the Words

A	P	P	L	E	E	G	R
V	I	T	A	M	I	N	O
C	O	L	O	R	N	W	E
E	N	E	R	G	Y	T	H
S	N	A	C	K	R	O	T
S	T	R	O	N	G	W	H
G	R	O	W	T	H	A	C

Find these words:

- APPLE
- VITAMIN
- COLOR
- ENERGY
- SNACK
- STRONG
- GROWTH

Create Your Own Superhero!

Draw your own produce superhero and give them a name!

Healthy Choices Help the Produce League!