Dear Parents and Guardians,

We are excited to share that your student will be participating in the **2025 Harvest of the Month Nutrition Education Program!** This engaging program introduces students to a variety of fruits and vegetables throughout the school year, helping them learn about nutrition, try new foods, and discover how food is grown.

Each month, students will have the opportunity to participate in a taste-testing activity featuring the fruit or vegetable of the month. These activities will be supported with educational lessons and fun activities to enhance their understanding of the importance of nutrition. Below is a schedule of the monthly produce:

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| --- | --- |
| **Month** | **Produce** |
| **January** | **Pomelos** |
| **February** | **Spinach** |
| **March** | **Asparagus** |
| **April** | **Blackberries** |
| **May** | **Cherries** |

We encourage you to talk with your student about the foods they are trying each month and ask them about their favorite fruits or vegetables. This can be a great opportunity to spark family conversations about eating fruits and vegetables, and even incorporate some of these foods into meals at home.

Thank you for your support in helping your student explore and enjoy nutritious foods through this wonderful program. If you have any questions, please do not hesitate to reach out.

[Your Name]

[Your Title]

[School or District Name]

[Contact Information]