# **Newsletter Insert Template**

Greetings,

Our school is participating in the Wisconsin Harvest of the Month! Harvest of the Monthis a statewide campaign that encourages students to eat more fruits and vegetables. Each month, our school lunch program will feature one Wisconsin-grown fruit or vegetable that is seasonally available.

This month, we will be featuring [apples, broccoli, carrots, dairy, potatoes, winter squash].

Students will enjoy [apples, broccoli, carrots, dairy, potatoes, winter squash] in a variety of ways, including [insert recipe(s) name].

Students will be encouraged to try Wisconsin-grown food as they select their school lunch. We will encourage students to taste, explore, and learn about the importance of trying locally-grown fruits and vegetables.

Watch for more information about Harvest of the Month in our [emails, Facebook page, school menu, newsletter, etc.].

Ask your child about Harvest of the Month and prepare these foods at home! Providing many opportunities for your child to try new foods is important for building healthy habits and adventurous eaters.

We hope you join us in this opportunity to enjoy eating fruits and vegetables!