









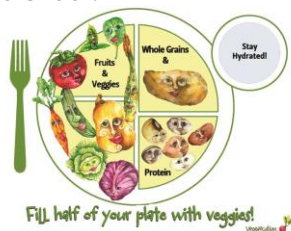
BENICIA USD - HARVEST OF THE MONTH 2015

<p><u>October:</u></p> <p><i>Grapes</i></p>		<p><u>February:</u></p> <p><i>Mandarins</i></p>	
<p><u>November :</u></p> <p><i>Pears</i></p>		<p><u>March:</u></p> <p><i>Peas</i></p>	
<p><u>December:</u></p> <p><i>Winter Squash</i></p>		<p><u>April:</u></p> <p><i>Spinach</i></p>	
<p><u>January:</u></p> <p><i>Cabbages</i></p>		<p><u>May:</u></p> <p><i>Strawberries</i></p>	

Benicia Food and Nutrition Services is introducing Veggiecation Program:

The Veggiecation Program is a culinary-nutrition education program that introduces children to the wonderfully delicious and nutritious world of vegetables. This is done by incorporating unique and kid-friendly vegetable preparations into fun activities and exciting experiences. By replacing food fears and resistance with ownership and positive peer pressure, your children are empowered to expand their horizons while simultaneously improving their nutritional status and knowledge.

We have two Certified Veggiecation Educators that will conduct the Veggiecation Classes with Nutrition Education and food tasting at all four Elementary Schools following the Harvest of the Month Calendar.



Approved CEU Provider of:



This Program is generously funded and supported by:

