

Wellness Newsletter

School Nutrition Department

October 2021

Harvest of the Month



This month's Harvest of the Month is

SQUASH!

(SUMMER, WINTER & PUMPKIN)



For facts, recipes and some information regarding fun ways to incorporate the Harvest of the Month in your classroom, click [here](#)

Wellness Wednesday

As we are falling into pumpkin season we want to hear all your favorite PUMPKIN RECIPES! Since pumpkins are part of the squash family, feel free to send us a favorite squash recipe if pumpkin isn't your thing. These can be any type of recipes, including main dish, appetizers, sides, desserts, or even beverages.



To participate, send your recipe to us at the following email address:

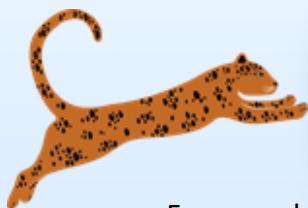
SNP@glynn.k12.ga.us



Each Wednesday in October we will post your recipes on the Glynn County School Nutrition Facebook page. The recipe that gets the most "likes" on Facebook will win a **\$10 Starbucks Card**

National School Lunch Week

President John F. Kennedy created National School Lunch Week (NSLW) in 1962 to promote the importance of a healthy school lunch in a child's life and the impact it has inside and outside of the classroom. Let's get wild with school lunch!



WILD About School Lunch
October 11-15, 2021



For more health & wellness information as well as information regarding the Glynn County School Nutrition Program, please visit our [website](#)

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