

Wellness Newsletter

School Nutrition Department

August 2021

Harvest of the Month

This month's Harvest of the Month is

WATERMELON!

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



Wellness Wednesday

Our Wellness Wednesday promotion for this month is

HEALTHY SELFIES

To participate, snap a selfie of a healthy moment or activity and send it to us at the following email address:

SNP@glynn.k12.ga.us

Some examples of healthy selfies include: Drinking water at your desk, exercise of any kind, eating a well balanced meal or snack, etc.

Each Wednesday in August we will post your healthy selfies on the Glynn County School Nutrition Facebook page.

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

Follow us on social media! [facebook](#)

