**Harvest of the Month**

The GrowingGreat Farm-to-School Harvest of the Month is a great way to promote fresh, seasonal produce in elementary schools! Complimenting the classroom nutrition classes and the garden program, the monthly Harvest of the Month tasting provides students the opportunity to sample seasonal produce donated by local farmers.

Once a month, 1-2 volunteers can provide a fresh, seasonal tasting to students in grades K-5 during their cafeteria hours. GrowingGreat suggests that the volunteers visit a local farmer’s market to request a donation for serving. Volunteers will prepare and distribute on-campus small samples to each student for their tasting enjoyment. GrowingGreat provides an informational flyer to be displayed at each tasting and relayed to students through volunteers. This flyer is referred to as Fun Facts.

GrowingGreat believes that by providing a taste of fresh produce to students will create the energy and passion to promote healthy eating and positive behavior. GrowingGreat is a classroom nutrition and garden non-profit which centers its programs on holistic education. Through innovative hands-on nutrition education, in-school garden lessons and monthly Harvest of the Month tastings, GrowingGreat is reaching one person at a time to improve health nation-wide. By planting the seeds today, we grow healthier communities tomorrow.