

Families Making the Connection

Crunch into N.C. Fruits and Veggies

It's Fruits & Veggies—More Matters™ Month. Through the N.C. Farm to School Program from the N.C. Department of Agriculture & Consumer Services, school districts can purchase apples, broccoli, blueberries, cabbage, cantaloupes, strawberries, sweet potatoes, tomatoes, and more grown on North Carolina farms to serve through school meals. Make plans now to celebrate Farm to School Month in October with the N.C. Crunch. Kids and adults will be crunching into locally grown apples. For farm to school info and celebration ideas, visit www.farmtoschoolcoalitionnc.org.

Walk to School

The 2019 Walk to School Day is October 2. As students are in back to school mode, it's a great time to think about planning such an event for the school community.



How to Walk, Bike or Wheel to School?

- Involve students of all abilities—students who can walk, bike or use a wheel chair.
- Plan for students who ride the bus to be dropped off 1-2 blocks away from the school. The principal or a designated school official can walk/wheel students to school.
- Survey the route to school for safe walking, biking or wheeling.
- Host events on the school grounds if the route to school is unsafe or inaccessible.

Visit www.walkbiketoschool.org for more info.

After School Snack Menu for September 2019

NHCS

Monday, September 2	Tuesday, September 3	Wednesday, September 4	Thursday, September 5	Friday, September 6
	Cheez-Its Apple	Blueberry Muffin 100% Juice	Pretzels Apple	Scooby Grahams 100% Juice
Monday, September 9	Tuesday, September 10	Wednesday, September 11	Thursday, September 12	Friday, September 13
Cheddar Goldfish 100% Juice	Cereal Bar Apple	Frozen Grahams 100% Juice	Sun Chips Snack Mix Apple	Pretzels 100% Juice
Monday, September 16	Tuesday, September 17	Wednesday, September 18	Thursday, September 19	Friday, September 20
Munchie Snack Mix 100% Juice	Cheez-Its Apple	Blueberry Muffin 100% Juice	Pretzels Apple	Scooby Grahams 100% Juice
Monday, September 23	Tuesday, September 24	Wednesday, September 25	Thursday, September 26	Friday, September 27
Cheddar Goldfish 100% Juice	Cereal Bar Apple	Frozen Grahams 100% Juice	Sun Chips Snack Mix Apple	Pretzels 100% Juice
Monday, September 30				
Munchie Snack Mix 100% Juice				

September

- Fruit & Veggies—More Matters™ Month
- National Childhood Obesity Awareness Month



Developed by School Nutrition Services, N.C. Department of Public Instruction.
NC DPI and USDA are equal opportunity providers and employers. 05/19
<http://childnutrition.ncpublicschools.gov>

Sources: www.ncfarmtoschool.com, www.farmtoschoolcoalitionnc.org, <http://growing-minds.org/north-carolina-crunch>, www.walkbiketoschool.org