

**HARVEST
OF
THE MONTH**

JANUARY

APPLES

**EXCELLENT
SOURCE
OF VITAMIN C**

HIGH IN FIBER



HARVEST OF THE MONTH

The Harvest of the Month program features a local and seasonal produce item on school menus each month. Now you can celebrate Harvest of the Month community-wide! Look for the harvest item at local grocery stores, restaurants and farmers markets to Eat Local First all year long!

