



Fresh Fruits & Veggies



At

Pleasant Valley

Fresh fruits and vegetables are back in the classrooms of Pleasant Valley this year! As a result of a grant from the Illinois State Board of Education's Nutrition Program Division, both Pleasant Valley Primary School and Pleasant Valley Intermediate School will again be participating in the Fresh Fruit and Vegetable Program. The goal is to expose students to lifelong healthy eating habits by providing them with fresh fruit and vegetable snacks during the school day.

Snacks will be served at least twice a week (once during short weeks). They will be brought to the classrooms, and teachers will decide the best time to serve them. (As a condition of the grant, fresh fruit and vegetables must be served at times other than the regular breakfast and lunch periods.)

Snacks to be served may include apple slices, carrots, celery, grapes, bananas, broccoli*, cauliflower*, kiwi, strawberries and oranges.

Be sure to ask your kids if they're enjoying their fresh fruits and veggies!



*May be served with low-cal dressing.