FFVP

November 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15 America Recycles Day	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	#Fruits: #Veggies:

Fun Fact:

It is estimated that 46 million turkeys were eaten on Thanksgiving Day in 2011.

GOAL

Try at least **3** new foods you have never eaten. It's very important to eat a large variety of foods, especially fruits and vegetables.

http://www.eatturkey.com/consumer/history/history.html

FFVP

December 2012

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					# Fruits: #Veggies:

Fun Fact:
Collard Greens are South Carolina's State vegetable.

GOAL

Get at least 60 minutes per day of physical activity. You can dance, run, jump rope, play sports, skate, or do a number of other activities that help you stay healthy and fit.

http://quickstats.nass.usda.gov/results/909C19CC-E192-3224-A2C9-D1D7369C88CE

FFVP

January 2013

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		# Fruits: #Veggies:

Fun Fact:
Apples were first planted in America over 400 years ago by Pilgrims.

GOAL

Make a New Year's Resolution to eat breakfast every day. Eating breakfast will give you energy, help you stay focused, and jump start your metabolism for the day.

February 2013

FFVP

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28		#Fruits: #Veggies:

Fun Fact:

There are 41 varieties of peaches grown in SC.

http://agriculture.sc.gov/content.aspx?ContentID=656

GOAL

Celebrate Valentine's Day with red fruits and vegetables like pomegranate, tomatoes, red peppers, apples, and strawberries. Fruits and vegetables are a healthy alternative to Valentine's Day candy.

March 2013

FFVP

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						#Fruits: #Veggies:

Fun Fact: Pummelos are the largest citrus fruit.

http://www.hort.purdue.edu/newcrop/morton/pummelo.html

GOAL

Focus on trying new green vegetables for St. Patrick's day. Wear green and eat green. Try collard greens, spinach, broccoli, or a salad with fresh Romaine. These healthy veggies are packed with essential vitamins and minerals.

April 2013

FFVP

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				#Fruits: #Veggies:

Fun Fact: There are 3 states in America with a town named "Strawberry."

Check out this site for fun activities.
http://www.strawberryville.com/

GOAL

Learn a new physical activity. Try biking, soccer, hiking, baseball, jogging, or even zumba. There are many fun activities to keep you healthy and fit.

May 2013

FFVP

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	#Fruits: #Veggies:

Fun Fact: May 6-10 is School Nutrition Employee week. Thank your cafeteria staff for their hard work and good food.

GOAL

Take at least a few bites of every fruit and vegetable on your lunch tray during this month. Our taste preferences change as we age, so it's always important to try new fruits and vegetables.