

**Manitou Springs School District 14
Integrates Innovative Harvest of the Month Program
to Promote Healthy Habits Among Students**

***Hands-on Activities and Interactive Learning Will Encourage
Increased Fruit and Vegetable Consumption and Physical Activity***

Healthy eating and daily physical activity have a profound impact on improving students' ability to learn. Elementary, Middle and High School announced today that they will implement *Colorado School's Harvest of the Month*, a program that emphasizes fresh produce (Colorado grown whenever possible) and communicates a good message about nutrition and physical activity, in 1300 of students it will impact. Throughout the school year this program will extend from the classroom and cafeteria to the home and community, promoting healthier habits and futures for our students.

Eating the recommended amount of fruits and vegetables and getting physical activity every day not only reduces the risks of developing chronic diseases, but research shows it also helps children improve academic performance and classroom behavior. The *Colorado School's Harvest of the Month* program allows students to taste and explore a different fruit or vegetable each month in the cafeteria and in the classroom. By focusing on a particular produce item each month, students learn about the various nutritional benefits of fruits and vegetables, history, fun facts and botanical and growing information. The program components include the following: Harvest of the Month promotions in the cafeteria—special menu items, giveaways, etc.; brightly colored menu shells spotlighting the Harvest of the Month item; posters featuring “real students” and the Harvest of the Month theme; public service announcements conveying a positive message about the monthly Harvest, good nutrition and physical activity; newsletter pieces including recipes, nutrition information and physical activity tips.

For more information on the *Colorado School's Harvest of the Month* program, please contact
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