

## Instructions to integrate nutrition resources in advance of *Harvest of the Month*

Before you kick off *Harvest of the Month* activities, provide a foundation of nutrition information by integrating the “[How Much Do I Need?](#)” activity from the [Children’s Power Play! Campaign’s Community Youth Organization Idea & Resources Kit](#). This will give students a background on how many cups of fruits and vegetables they need to eat daily, how to estimate half-cup and one-cup quantities, and the health benefits of fruits, vegetables, and physical activity.

To strengthen *Harvest of the Month* connections between the school and the home, use our new *Introductory Letter for Parents* (separate file attachment), along with the Network’s *Slide Guide* and *Power Play’s* parent brochure [Healthy Kids: Help Your Kids Power Up with Fruits, Vegetables, and Physical Activity](#).

Here are three basic steps you can take to integrate these nutrition resources with *Harvest of the Month*.

	<b>Student/Classroom Intervention</b>	<b>Parent Intervention</b>
Step 1.	Prepare classroom activities and lessons from monthly <i>Harvest of the Month</i> <a href="#">educator newsletters</a> .	Distribute <i>Harvest of the Month Introductory Letter for Parents</i> .
Step 2.	Complete <a href="#">How Much Do I Need?*</a> activity to provide “basic nutrition” information to students.	Distribute <a href="#">Healthy Kids brochure</a> ** and <i>Slide Guides</i> to parents.
Step 3.	Begin classroom activities for <i>Harvest of the Month</i> featured produce items.	Distribute <i>Harvest of the Month</i> <a href="#">family newsletters monthly</a> .

\*Activity also available in [Spanish](#).

\*\*Brochure also available in [Spanish](#).