



### Grapes – Bunches of Goodness

Grapes are a super food that have Vitamin C and potassium to keep you heart healthy and strong. Keep a bowl on your counter for the whole family to enjoy!

Can You Name 5 Different Colors of Grapes?

- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_



Answers: amber/red, white/green, blue black, pink, and crimson

### Walk to School With Your Parent On October 3<sup>rd</sup>!

Grab an adult and your backpack and head out to the sidewalk.

Do you already walk to school?

- Try a new route.
- Try something silly like skipping or hopping on your way to school.



Are you interested in the environment?

Walking cuts down on pollution by not using cars or buses.

Do you look both ways before you cross the street? Be sure to pay attention when you're walking to school!

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### October is National Farm to School Month

Do you know where your food comes from? Find out by answering these true or false questions!

#### True or False?

- Carrots grow in the ground
- Chicken comes from a farm
- Oranges come from a grove
- Pumpkins grow on trees



3 Things You can Do to Learn More:

- Ask your teacher if you can learn more about farms.
- Visit a pumpkin patch this Halloween season.
- Ask your school if some of the food in your cafeteria comes from a local farm.

Answers: T, T, T, F

### Boost Your Fruit This Halloween Season - 3 fun ways to eat grapes

- Mix with diced chicken, walnuts and low fat Greek yogurt.
- Use them in a colorful fruit kabob with strawberries and bananas.
- Freeze them on a cookie sheet and enjoy a cool, afternoon treat.

### Happy Halloween from the Super Crew!

