



# SD Harvest of the Month

In just 15 minutes a month, you can get kids (and adults) to eat more fruits and veggies.

Harvest of the Month is an adaptable, easy to use program that gets kids excited about eating fruits and vegetables and has them asking for more!

Through a short presentation and produce sampling, children learn about the importance of eating fruits and vegetables every day.

## Implimentation possibilities:

- Early-childcare/Day-care Centers
- School
- After-school programs
- 4-H/FFA
- Scout Programs
- Senior Centers

To access **free** HOM resources visit: [www.sdharvestofthemonth.org](http://www.sdharvestofthemonth.org)

Contact Danette Jarzab, Community Wellness Coordinator, with questions or assistance

605-224-8295 [danettejarzab@sd-discovery.com](mailto:danettejarzab@sd-discovery.com)



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