



Use these Vermont products in your snack program this month:



- Beans
- Beets
- Broccoli
- Carrots
- Cauliflower
- Fennel
- Greens
- Kale
- Lettuce
- Melons
- Peas



- Potatoes
- Radishes
- Raspberries
- Scallions
- Spinach
- Summer Squash
- Tomatoes
- Turnips

Farmers store root crops year-round. If you need assistance locating these products, see the Resource section.

Celebrating...

NATIONAL PICNIC MONTH



National Picnic Month celebrates playing and eating in the outdoors. Encourage students and their families to explore National Parks and other nature areas in their community. Have them plan a healthy and invigorating meal or snacks that they can enjoy together. Foods like vegetable sticks and fruits are easy to prepare and transport, and are refreshing to eat on a warm summer day.

Don't forget to bring a picnic blanket!

Other July Celebrations

National Blueberry Month



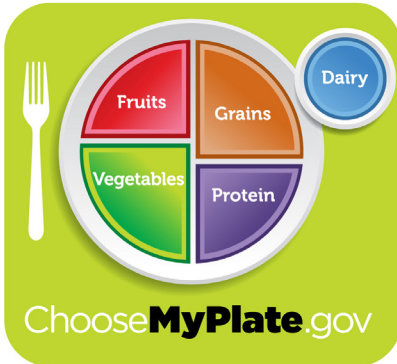
<https://snaped.fns.usda.gov/seasonal-produce-guide/blueberries>

Picnic Destinations

- Local park
- Beach
- Farm
- Backyard
- Under a tree
- Beside a pond/stream
- On top of a mountain

Resources

- Find your local farmer's market or other agricultural resources: localharvest.org/
- Plan balanced picnic lunches with the help of MyPlate: choosemyplate.gov/healthy-eating-tips/sample-menus-recipes.html



ACTIVITIES for NATIONAL PICNIC MONTH



★ **Pick-A-Destination:** Have students brainstorm their top three local picnic destinations, then share and discuss as a group. Have them vote on their number one choice, then take a field trip, and pack a picnic!

★ **Games Galore:** Make up picnic games. After a good snack, kids and families will be energized to run around. Check out Refrigerator Tag or other ideas from pbskids.org/zoom/activities/games/.

★ **Picnic Menus:** Have students design their own picnic menu. Review MyPlate and discuss what makes a healthy meal.



See the **Education Activities & Connections Section** for more ideas.

SNACK bites

- **Fruit Salad:** Pick your favorite fruits and berries, cut into bite size pieces.
- Have a picnic *and* a field trip to a **pick-your-own farm** and graze on tasty fruits and veggies.
- Cut celery into 3-4 inch sticks and fill with low-fat cream cheese.
- **Sample different varieties of radishes** such as Watermelon, French Breakfast, Purple Plums, Cherry Belles.
- Try a fruit that has a variety in an unexpected color: a yellow watermelon or white cherries.



See **RECIPE** section for more ideas