

Michigan Harvest of the Month™

101

July 2016




Stand
UP if...

Who we are

The screenshot shows the 'TEACH' section of the Michigan Fitness Foundation website. At the top, the Michigan Fitness Foundation logo is on the left, and navigation links for 'TEACH', 'BUILD', and 'MOVE' are on the right. Below the logo, the word 'TEACH' is prominently displayed. A search bar and a 'SITEMAP' link are also visible. The main content area features a 3x3 grid of program tiles, each with a photo and a brief description. To the right of the grid is a 'NEWS' section with several article teasers.

MICHIGAN FITNESS FOUNDATION

TEACH BUILD MOVE

Search  [SITEMAP](#)

TEACH

MICHIGAN NUTRITION NETWORK
Quality nutrition education programs and social marketing campaigns to promote healthier choices about food

FITBITS™
Physical activity for elementary classrooms to enhance health and academic performance

PE-NUT
A whole-school approach to being physically active and eating healthier foods

EPEC CLASSIC™ K-5
Quality physical education curriculum, the cornerstone to physical activity throughout the school day

EPEC CLASSIC™ 6-12
Quality physical education to help learners be active for life

HEALTH THROUGH LITERACY
Book sets for teachers with health education themes

HEALTHY CLASSROOMS, HEALTHY SCHOOLS
A Coordinated School Health program to help teachers transform their classrooms and schools into healthier environments

MICHIGAN HARVEST OF THE MONTH
Materials to encourage healthy choices through access to healthy foods and physical activity

REC-CONNECT
Free and low-cost physical activity opportunities for low-income populations

NEWS

Fitness Ambassador Wanted!
Meet Karen Taylor, one of our Fitness Ambassadors, who is sharing her journey to run the Mighty Mac on...
[READ MORE...](#)

One Bridge, Two Events
As the school year quickly approaches, many families are looking for a way to finish summer with a bang...
[READ MORE...](#)

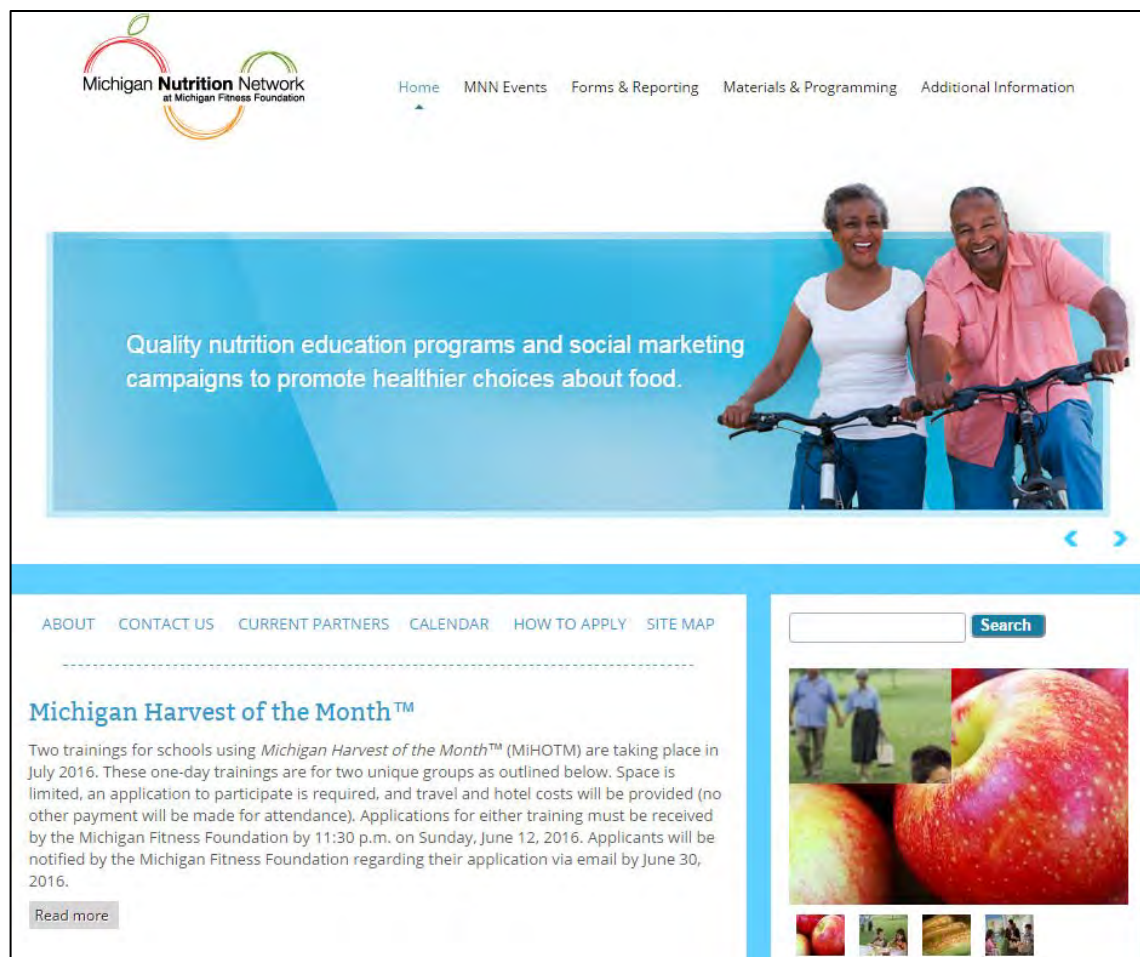
Michigander Bike Tour Highlights Best of Pure Michigan Summer Fun
Over 700 bicyclists from 24 U.S. states, Canada and Great Britain are departing from Cheboygan....
[READ MORE...](#)

Improving pedestrian safety in your community
Ready, fire! This was the resounding theme at the Detroit Future City presentation by Gil Penalosa, Jr....
[READ MORE...](#)

Fitness Ambassador. This is an awesome run!!
First, just a little history: When I

<http://www.michiganfitness.org/teach>

Michigan Nutrition Network



The screenshot shows the homepage of the Michigan Nutrition Network website. At the top left is the logo, which consists of two stylized fruit shapes (an apple and a banana) forming a circle, with the text "Michigan Nutrition Network at Michigan Fitness Foundation" below it. To the right of the logo is a navigation menu with links: "Home", "MNN Events", "Forms & Reporting", "Materials & Programming", and "Additional Information". Below the navigation menu is a large blue banner featuring a photograph of a smiling couple riding bicycles. Overlaid on the left side of the banner is the text: "Quality nutrition education programs and social marketing campaigns to promote healthier choices about food." Below the banner is a horizontal navigation bar with links: "ABOUT", "CONTACT US", "CURRENT PARTNERS", "CALENDAR", "HOW TO APPLY", and "SITE MAP". Below this bar, on the left, is a section titled "Michigan Harvest of the Month™" with a paragraph of text about school trainings in July 2016. A "Read more" button is located below the text. On the right side of the page, there is a search bar with a "Search" button and a collage of images, including a large red apple and smaller photos of people.

Michigan Nutrition Network
at Michigan Fitness Foundation

Home MNN Events Forms & Reporting Materials & Programming Additional Information

Quality nutrition education programs and social marketing campaigns to promote healthier choices about food.

ABOUT CONTACT US CURRENT PARTNERS CALENDAR HOW TO APPLY SITE MAP

Michigan Harvest of the Month™

Two trainings for schools using *Michigan Harvest of the Month™* (MiHOTM) are taking place in July 2016. These one-day trainings are for two unique groups as outlined below. Space is limited, an application to participate is required, and travel and hotel costs will be provided (no other payment will be made for attendance). Applications for either training must be received by the Michigan Fitness Foundation by 11:30 p.m. on Sunday, June 12, 2016. Applicants will be notified by the Michigan Fitness Foundation regarding their application via email by June 30, 2016.

[Read more](#)

Search

<http://www.michigannutritionnetwork.org>

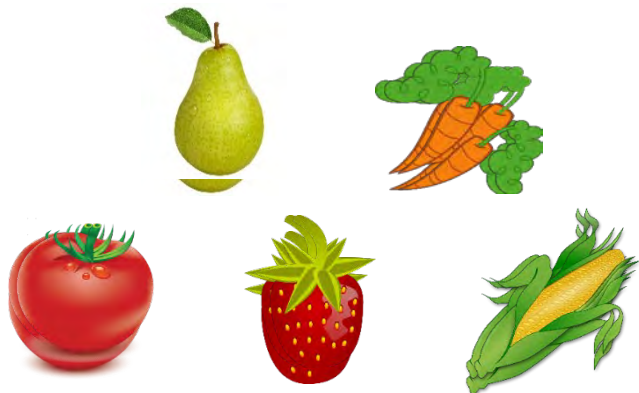
Agenda

- Introductions
- Expectations
- *Michigan Harvest of the Month*™ (MiHOTM) Background
- Tools & Resources
- Partnerships
- Questions & Answers
- Evaluation



Networking Activity

Interview 2 peers about MiHOTM experiences



MiHOTM Training
August 2016

NETWORKING ACTIVITY Interview Questions

Using the below tool, interview two (2) people in this training about their experiences implementing *Michigan Harvest of the Month™* (MiHOTM).

	Interviewee #1	Interviewee #2
Name		
Job Title		
Preferred Contact Method		
1. On a scale of 1 (none) to 4 (high), how would you rate your experience level with MiHOTM?		
2. How do you see MiHOTM playing a role in the classroom?		
3. How do you see MiHOTM playing a role in the cafeteria?		
4. What is the biggest obstacle you see to implementing a nutrition education program that promotes eating more fruits and vegetables?		
5. What is one solution to the obstacle you noted above?		

Objectives


- Identify MiHOTM resources and partners
- Describe the goals and objectives of MiHOTM
- Use the website
- Replicate a taste testing demonstration
- Identify strategies for integrating MiHOTM into the classroom and cafeteria
- Identify strategies for engaging parents
- Additional group expectations?

© 2014 Michigan Fitness Foundation

[illegible][illegible]

Using the below tool, interview two (2) people in this training about their experiences implementing Michigan Harvest of the Month (MHOTM).

	Interview #1	Interview #2
Name		
Job Title		
Preferred Contact Method		
1. On a scale of 1 (none) to 4 (high), how would you rate your experience level with MHOTM?		
2. How do you use MHOTM playing a role in the classroom?		
3. How do you use MHOTM playing a role in the cafeteria?		
4. What is the biggest obstacle you are to implementing a nutrition program within your school?		
5. What is obstacle		




Michigan FitNess FORWARD
Michigan Department of Education
Michigan Department of Health and Human Services
Michigan Department of Agriculture and Rural Development

Tuna Apple Salad

Prep time: 15 minutes Serves 4 servings. 1 cup per serving

Nutrition information per serving: 180 calories, 10g fat, 10g protein, 15g carbs




Ingredients

- 2 (8-ounce) cans water packed tuna, drained
- 2 tablespoons chopped red onion
- 1 medium apple, cored and chopped
- 1/2 cup chopped celery
- 1/4 cup golden raisins
- 3 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 medium whole wheat pitas

Adapted from: Everyday Healthy Meals, Recipes for a Healthy Culture, 2001.

Exploring Apples





Sense	Tasting #1	Tasting #2	Tasting #3
Color			
Texture			
Smell			
Sound			



The Role of the Child Nutrition Director

The harvest of the Month™ can be easily be integrated into your school meal or Fresh Fruit and Vegetable Program (FFVP) to reinforce the student messages about eating more fruits and vegetables. Use this guide as you distribute the posters and teacher resource packages in your buildings. Use this checklist to guide your activities to implement Michigan harvest of the Month™ most effectively and efficiently.

Optional Activities for the School Year

Step 1

- ☐ Communicate with your school staff (principals, teachers, child nutrition staff, etc.) about the nutrition education resources, Michigan harvest of the Month™ provided at no cost by the Michigan Fitness Foundation. Customize your communication with various staff members so you can include their expectation and role. For example:
 - ✓ Principals will encourage to students trying new foods and eat more fruits and vegetables, healthy announcements are available to engage principals and school leaders at: <http://www.michiganfitnessfoundation.org/healthystudent>
 - ✓ Teachers will use the Michigan harvest of the Month™ materials at least once a month. They will engage students in activities from a page educator Newsletter to encourage them to eat more fruits and vegetables, send home family newsletters, and reinforce eating fruits and vegetables in school meals.
 - ✓ Child nutrition will staff display posters in or near the cafeteria. They will talk with students during breakfast, lunch and FFVP snacks to reinforce the classroom lessons.

Refer to the Child Nutrition Director Training guide – How to Grow Healthy Students available at: <http://www.michiganfitnessfoundation.org/howtogrowhealthystudents> for additional suggestions and details.

Step 2

- ☐ Place your order from MFF – order adequate quantities of posters for your cafeteria and teacher resource packages for each teacher in your eligible buildings.

Step 3

- ☐ Take stock of the materials you received from the Michigan Fitness Foundation.
- ☐ Pull out the materials you will use to coincide with your true start date.
- ☐ Additional items are available at <http://www.michiganfitnessfoundation.org/harvestofthemonth>
 - o Materials translated into arabic and spanish
 - o Customizable menu cards with student activities
 - o Teacher letter and training video
 - o School announcements

Step 4

- ☐ Deliver one envelope of teacher resource packages to each teacher classroom or mailbox. (Delivering the resources at the same time as the FFVP snack reinforces to the teacher how this education materials go along with the fruit or vegetable being served.)
- ☐ Deliver posters to child nutrition staff and remind them to display posters in or near the cafeteria.

in a sensory, a dressing, in smoothie, Outplay

Carefully All kids pockets with equal amounts of tuna and salad greens. Serve immediately.

☐ It was OK. I may or may not make this recipe at home.

☐ I didn't like it. I won't make this recipe but I might share it with others.

☐ The recipe looks interesting. I might try it at home.

Grab your laptop!

The image shows two overlapping web browser windows. The background window is the Michigan Nutrition Network website, featuring a logo with a stylized apple and the text 'Michigan Nutrition Network at Michigan Fitness Foundation'. The navigation bar includes links for Home, MNN Events, Forms & Reporting, Materials & Programming, and Additional Information. Below the navigation bar, there are links for ABOUT, CONTACT US, CURRENT PARTNERS, CALENDAR, HOW TO APPLY, and SITE MAP. The main content area is titled 'Michigan Harvest of the Month™' and contains text about the program's collaboration with the Michigan Department of Education's Fresh Fruit and Vegetable Program. It also mentions a MIHOTM Educator Training session on August 19, 2015, and the Fresh Fruit and Vegetable Program's goal to encourage students to eat more fruits and vegetables.

The foreground window is the Michigan Harvest of the Month recipes page. It features a large image of a 'Sweet & Spicy Slaw' with a green 'CALVECTION SIDES' label. Below the image, there are tabs for 'Stir-fried Cabbage', 'Sweet & Spicy Slaw' (which is selected), 'Plum & Spinach Salad', and 'Cucumber Sandwiches'. A section titled 'These tasty recipes can help protect you from lead absorption.' includes a 'Click here' link. Below this is a 'Search Recipes' section with a search bar and a green search button. A 'Popular Recipes' section shows a 'Squash' recipe. A 'Latest Recipes' section displays three recipe cards: 'Veggie Sushi' (15 mins or less, 5 items or less, sides, 12 people), 'Garlicky Green Beans', and 'Stir-fried Cabbage'.

<http://www.michigannutritionnetwork.org/harvest-of-the-month>
<http://www.mihotm.recipes/>

MiHOTM: How much do you know?

1. I'm new at this – tell me everything!
2. I'm somewhat familiar with it, but I want to learn more.
3. I'm pretty familiar with it, but I want to learn more.
4. I'm a seasoned veteran – ask me about what we are doing.

Your Action Plan



MiHOTM 101 ACTION PLAN

Instructions: Please print.

Your Name: _____ E-mail: _____

School Name: _____ Job Title: _____

1. Whom do you need to connect with to assist with the implementation of MiHOTM at your school? List the name and role of potential colleagues you could contact.

Name	Role in MiHOTM Implementation and Support

2. Identify a peer from today's training whom you can stay connected with as you begin implementing MiHOTM. Contact this new ally within eight (8) weeks after this training to share strategies, challenges, opportunities, and provide support to each other.

Name	Phone Number	Email

3. As part of my dedication to promoting the health of Michigan's children, I commit to taking the following action(s) through my participation in MiHOTM.

- Within the next 4 weeks, I will...
- Within the next 12 weeks, I will...

Suggestion: Take a photo of your action plan to help keep track of your goals. MFF will make a copy and mail it back to you with your mileage reimbursement.

THANK YOU!

What is MiHOTM?



- Nutrition Education Intervention
- Promotional tool for marketing and communication
 - Promotes consumption of fruits and vegetables
 - Generates widespread enthusiasm
- Supports educational standards
 - Alignment with National Common Core Standards

What is MiHOTM?

- Offers NO COST ready-to-go tools & resources
 - Skills-based, sensory-based, and knowledge-based
 - Classroom and Cafeteria Connections
 - Taste Testing Demonstrations
 - Monthly elements
 - ✓ Educator Newsletter
 - ✓ Family Newsletter
 - ✓ Botanical Images
 - ✓ Nutrition Facts Labels
 - ✓ Student Sleuth Answers

https://www.youtube.com/watch?v=lCSWEoG08u0&feature=em-share_video_user

Community-Wide Initiative

- Live
- Learn
- Work
- Play
- Shop
- Eat







MiHOTM Goals



Increase student preference for selected produce items



Increase student participation in physical activity



Increase student knowledge of and familiarity with fruits and vegetables



Healthy children are better learners

School-Wide Strategies

- Cafeteria posters
- Cafeteria menu templates
- Classroom Activities
- Snacks
- School-wide efforts



Communicating with you



Activity

What was a memorable/meaningful learning experience in school when you were a child?



5 Senses

SIGHT



SOUND



SMELL



TASTE



TOUCH

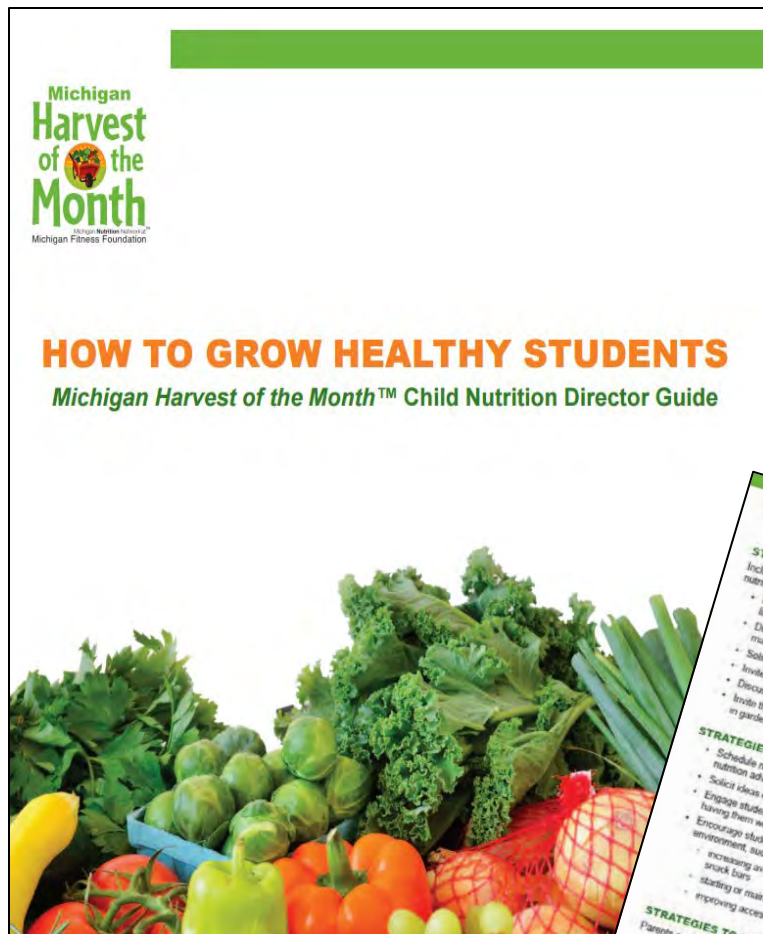


Promoting Healthy Eating

- Promote healthy lifestyles
- Increase fruit/vegetable intake
- Support MI Agriculture



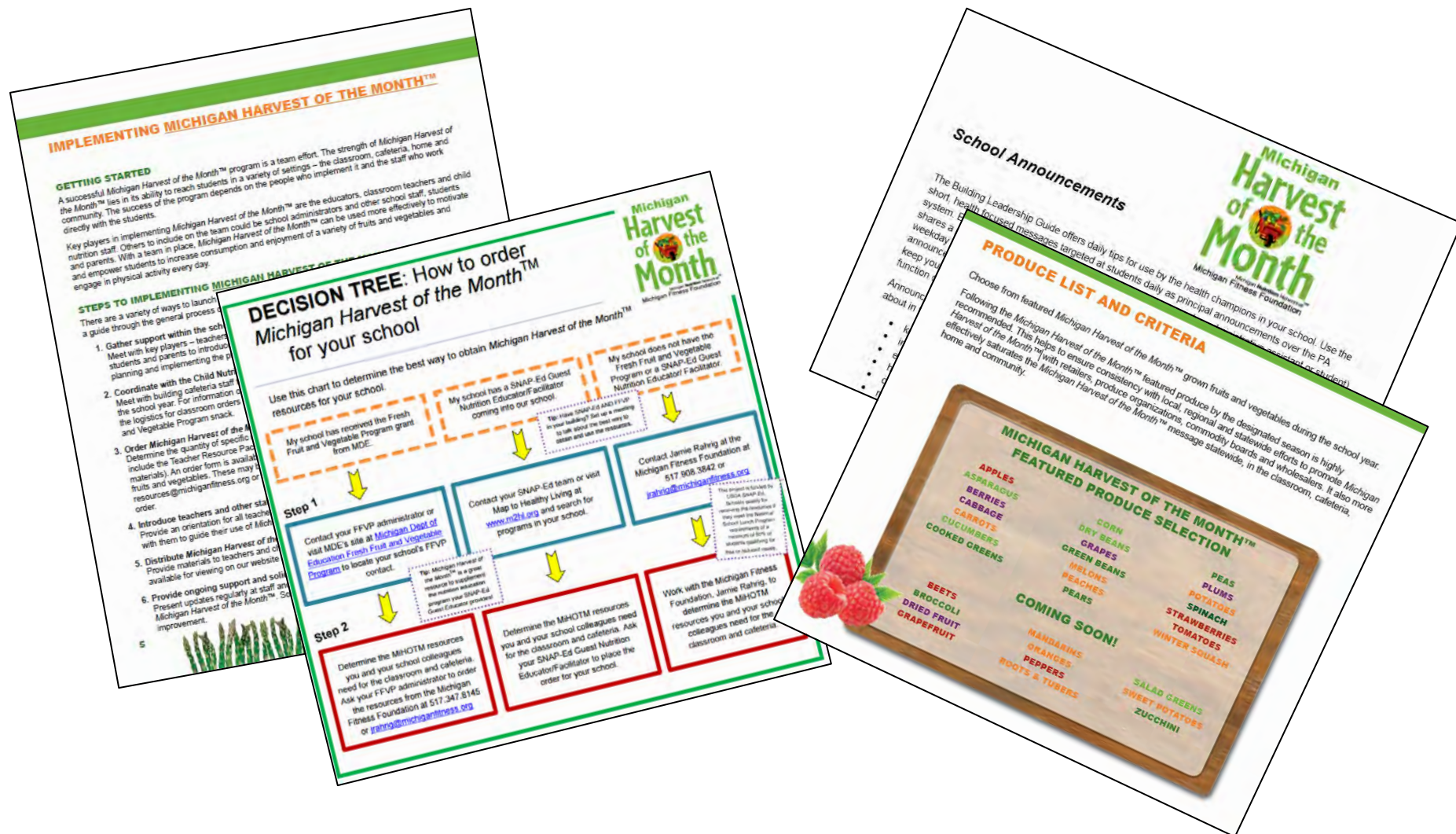
Steps to Implement MiHOTM



- Useful guidelines for all participating in MiHOTM
- Available on the Michigan Nutrition Network (MNN) Website



Steps to Implement MiHOTM



**What are the
benefits?**



Teacher Resource Packet

Michigan Harvest of the Month

Michigan Fitness Foundation

Health and Learning Success Go Hand-in-Hand
Increasing fruit and vegetable consumption tends to increase academic performance in undernourished children. Harvest of the Month connects with core curricula to give students the chance to explore, taste, and learn about the importance of eating fruits and vegetables. It links the classroom, cafeteria, home, and community to help students make healthy food choices and be physically active every day.

Exploring Michigan Apples:
Taste Testing
What You Will Need (per group of 6-8 students):
• 3-5 apples (each in a different variety), sliced
• Graph paper and colored pencils

*Refer to Home Grown Facts on page 3 for varieties.
**To prevent browning, keep sliced apples in 100% apple juice until start of activity.

Activity:
• Observe, touch, smell, and taste each apple variety.
• Develop a color graph using appearance, texture, smell, flavor, and sound.
• Compare and contrast the varieties.

For more ideas, references:
School Foodservice Guide – Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation, 2005, pp. 30-42.

Cooking in Class:
Apple Oatmeal
Makes 36 oatmeal at ¼ cup each.

Ingredients:
• 3 large apples, cored
• 3 cups quick cooking oats
• ½ tablespoon ground cinnamon
• ½ teaspoon salt
• 5 ¼ cups 100% apple juice
• Small cups and spoons

Reasons to Eat Apples
• A ½ cup of sliced apples is a source of fiber. Dietary fiber is a complex carbohydrate. There are three main types of carbohydrates: starch, fiber, and sugar.
• Eating a variety of colorful fruits and vegetables throughout the day will help you meet the recommended daily values of nutrients that your body needs to be healthy.

Nutrition Facts
Serving Size: ¼ cup apples, sliced (55g)
Calories 28 Calories from Fat 0
% Daily Value
Total Fat 0g 0%
Saturated Fat 0g 0%
Trans Fat 0g
Cholesterol 0mg 0%
Sodium 1mg 0%
Total Carbohydrate 8g 3%
Dietary Fiber 1g 5%
Sugars 6g
Protein 0g
Vitamin A 1% Calcium 0%
Vitamin C 4% Iron 0%

APPLES

Michigan Harvest of the Month

Michigan Fitness Foundation

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Sugars 6g
Protein 0g
Vitamin A 1% Calcium 0%
Vitamin C 4% Iron 0%

APPLES

Healthy Serving Ideas
• Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.
• Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.

TUNA APPLE SALAD
Makes 4 servings, 1 cup per serving.
Prep time: 15 minutes

Ingredients:
2 (5-ounce) cans water packed tuna, drained
2 tablespoons chopped red onion
1 medium apple, cored and chopped
¼ cup chopped celery
¼ cup golden raisins
3 tablespoons fat free Italian dressing
2 cups salad greens
2 medium whole wheat pitas

1. In a small bowl, stir tuna, onion, apple, celery, raisins, and two tablespoons of dressing together.
2. In another bowl, toss salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of tuna and salad greens. Serve immediately.

Nutrition Information per serving:
Calories 218, Carbohydrate 27 g, Dietary Fiber 4 g

Nutrition Facts
Serving Size: 1/2 cup apples, sliced (55g)
Calories 28 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%

How Much Do I Need?
• A ½ cup of sliced apples is about one cupped handful. This is about the size of half of a small apple.
• A ½ cup of sliced apples is a source of fiber.
• Fiber helps you feel full, helps keep your blood sugar level normal, and helps to avoid constipation. It is found only in plant foods.
• Fruits and vegetables are an important part of an overall healthy, balanced diet. Go to www.choosemyplate.gov to learn about the other food groups.
• Discuss with your child what your favorite fruits or vegetables are, why you like them, and your favorite ways to eat them.
The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the

Apples

Nutrition Facts

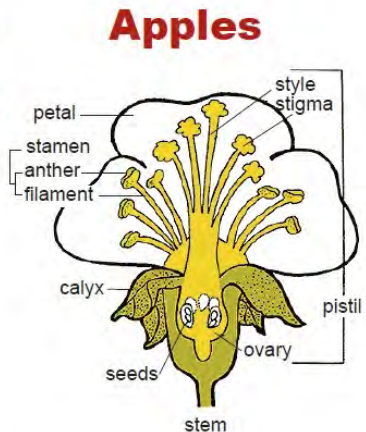
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Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 08003

Apples Student Sleuth Answers

- Why is fiber important?
Primary/Secondary-level response:
Fiber comes from foods of plant origin and refers to the carbohydrates that your body cannot digest. Fiber helps substances in your body maintain steady blood sugar, cholesterol, and may help to prevent cancer.
- Apples contain natural fructose. What is natural fructose?
Primary/Secondary-level response:
Apples contain natural sugars called fructose. Fructose in fruit and it is the form of sugar found in fruits and has a slower rate of digestion and absorption relative to sugar.
- Why do apples float in water?
Primary/Secondary-level response:
Apples are about 25% air—that is why they float.
- What does the color of an apple's skin tell you about the environment where it was grown?
Primary/Secondary-level response:
Blistering heat can cause unwanted bronzed or bleached spots on the fruit's skin. Overheated apples are cooled to the apple's core through watering. The fruit's temperature drops, helping to encourage the deepening of an apple's rosy color.
- Map the origin of the apple and various geographical regions in Michigan where apples are grown.
Primary/Secondary-level response:
Students can draw a map using information found on www.michiganapples.com. Select 'Where to buy/go', then 'Michigan Apple Tours.'



Source: usapple.org/index.php?option=com_content&view=article&id=60&Itemid=50

Featured Produce

25 varieties

- | | |
|-----------------|--------------------|
| 1. Apples | 14. Peaches |
| 2. Asparagus | 15. Pears |
| 3. Beets | 16. Peas |
| 4. Berries | 17. Peppers |
| 5. Cabbage | 18. Plums |
| 6. Carrots | 19. Potatoes |
| 7. Corn | 20. Salad Greens |
| 8. Cucumbers | 21. Spinach |
| 9. Dry Beans | 22. Squash |
| 10. Grapes | 23. Strawberries |
| 11. Greens | 24. Sweet Potatoes |
| 12. Green beans | 25. Tomatoes |
| 13. Melons | |



Educator Newsletter

Michigan Harvest of the Month

Michigan Nutrition Network
Michigan Fitness Foundation



Health and Learning Success Go Hand-in-Hand

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Exploring Michigan Apples: Taste Testing

What You Will Need (per group of 6-8 students):

- 3-5 apples (each in a different variety*), sliced**
- Graph paper and colored pencils

*Refer to Home Grown Facts on page 3 for varieties.
**To prevent browning, keep sliced apples in 100% apple juice until start of activity.

Activity:

- Observe, touch, smell, and taste each apple variety.
- Develop a color graph using appearance, texture, smell, flavor, and sound.
- Compare and contrast the varieties.

For more ideas, reference:
School Foodservice Guide – Successful Implementation Models for Increased Fruit and Vegetable Consumption, Produce for Better Health Foundation, 2005, pp. 59-62.



Photo courtesy of Sherryl Fitzgerald

Cooking in Class: Apple Oatmeal

Makes 36 tastes at ¼ cup each.

Ingredients:

- 3 large apples, cored
- 3 cups quick cooking oats
- ½ tablespoon ground cinnamon
- ¼ teaspoon salt
- 5 ¼ cups 100% apple juice
- Small cups and spoons

- Chop apples into bite-sized chunks.
- Combine apple chunks, oats, cinnamon, salt, and apple juice in a large microwave-safe bowl. Cover bowl with lid or plastic wrap. Leave a little opening for steam to get out.
- Microwave on high for 3-4 minutes, stirring once after 2 minutes.
- Stir and let cool 1 minute before serving.

Nutrition information per serving: Calories: 52, Carbohydrate 11 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg

Adapted from: Kids...Get Cookin'!, Network for a Healthy California—Children's Power Play! Campaign, 2006.

Reasons to Eat Apples

- A ½ cup of sliced apples is a source of fiber. Dietary fiber is a complex carbohydrate. There are three main types of carbohydrates: starch, fiber, and sugar.
- Eating a variety of colorful fruits and vegetables throughout the day will help you meet the recommended daily values of nutrients that your body needs to be healthy.
- Apples can be eaten in a variety of forms—as whole (fresh), unsweetened applesauce, dried apples, or 100% apple juice.

*Learn about sugar on page 2.

Champion Sources of Fiber:

- Beans
- Blackberries
- Dates
- Peas
- Pumpkin
- Raspberries
- Whole wheat cereal
- Whole wheat bread

*Champion foods provide a good or excellent source of fiber.

Nutrition Facts

Serving Size: ¼ cup apples, sliced (56g)
Calories 26 Calories from Fat 0

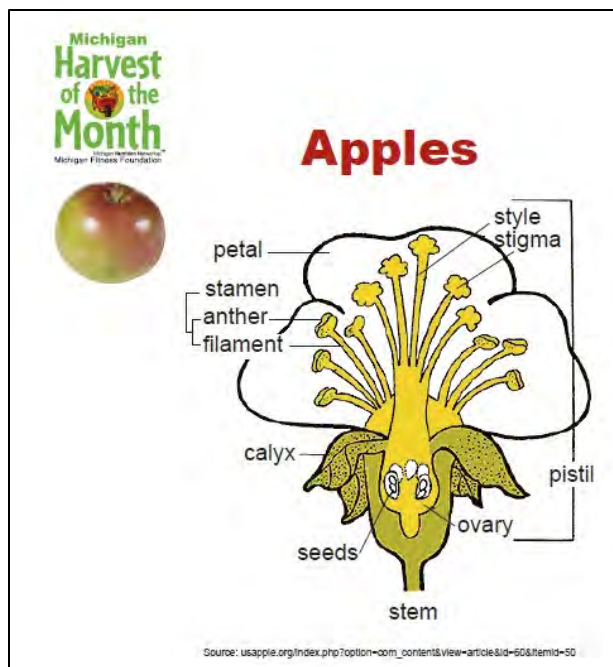
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 5g	9%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%

APPLES



- Provides hands-on activities, tools, and ideas for open-ended exploration tied to Common Core Standards
- Available in print form only

Classroom Materials



Botanical Images

Nutrition Facts Label

Apples	
Nutrition Facts	
Serving Size: 1/2 cup apples, sliced (55g)	
Calories 28	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 8g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%

Source: www.nal.usda.gov/fnic/foodcomp/search/
NDB No: 09003

Apples
Student Sleuth Answers

- Why is fiber important?
Primary/Secondary-level response:
Fiber comes from foods of plant origin and refers to complex carbohydrates that your body cannot digest. Fiber helps to move substances in your body, maintain steady blood sugar levels, reduce cholesterol, and may help to prevent cancer.
- Apples contain natural fructose. What is natural fructose?
Primary/Secondary-level response:
Apples contain natural sugars called fructose. Fructose is found naturally in fruit and it is the form of sugar found in fruits and honey. Fructose has a slower rate of digestion and absorption relative to sugar.
- Why do apples float in water?
Primary/Secondary-level response:
Apples are about 25% air—that is why they float.
- What does the color of an apple's skin tell you about the environment where it was grown?
Primary/Secondary-level response:
Blistering heat can cause unwanted bronzed or bleached spots on the fruit's skin. Overheated apples are cooled to the apple's core through watering. The fruit's temperature drops, helping to encourage the deepening of an apple's rosy color.
- Map the origin of the apple and various geographical regions in Michigan where apples are grown.
Primary/Secondary-level response:
Students can draw a map using information found on www.michiganapples.com. Select 'Where to buy/go', then 'Michigan Apple Tours.'


Student Sleuths Answers

Family Newsletter

Michigan Harvest of the Month

Michigan Nutrition Network
Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured fruit is **apples**



Healthy Serving Ideas

- Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.
- Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.

TUNA APPLE SALAD

Makes 4 servings, 1 cup per serving.
Prep time: 15 minutes


Ingredients:

- 2 (6-ounce) cans water packed tuna, drained
- 2 tablespoons chopped red onion
- 1 medium apple, cored and chopped
- ¼ cup chopped celery
- ¼ cup golden raisins
- 2 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 medium whole wheat pitas

1. In a small bowl, stir tuna, onion, apple, celery, raisins, and two tablespoons of dressing together.
2. In another bowl, toss salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of tuna and salad greens. Serve immediately.

Nutrition information per serving:
Calories 216, Carbohydrate 27 g, Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 20 mg, Sodium 544 mg

Adapted from: Everyday Healthy Meals
Adapted for a healthy California, 2007



Health and Learning Success

Go Hand-in-Hand

Healthy eating can help with your child's success in school. Eating the recommended amount of fruits and vegetables can help kids do better in school. Explore, taste, and learn about eating more fruits and vegetables and being active every day.


Let's Get Physical!

- Instead of turning on the television or reading the paper first thing on Saturday morning, take a quiet walk. While walking, talk about what happened during your week.
- Rake leaves or shovel snow together.
- Check with the local humane society and see if you can take a dog for a walk.

For more ideas, visit:
www.kidnetic.com

Produce Tips

- Look for apples that are firm and do not have bruises or soft spots.
- Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months. Do not refrigerate apples in closed bags.
- To keep apples from browning, prepare fresh apple dishes just before serving. Or, pour 100% apple juice over fresh apple slices.



Nutrition Facts

Serving Size: 16 slices apples, sliced (55g)
Calories 28 Calories from Fat 0

	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 0g	3%
Dietary Fiber 1g	0%
Sugars 0g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%

How Much Do I Need?

- A ½ cup of sliced apples is about one cupped handful. This is about the size of half of a small apple.
- A ½ cup of sliced apples is a source of fiber.
- Fiber helps you feel full, helps keep your blood sugar level normal, and helps to avoid constipation. It is found only in plant foods.
- Fruits and vegetables are an important part of an overall healthy, balanced diet. Go to www.choosemyplate.gov to learn about the other food groups.
- Discuss with your child what your favorite fruits or vegetables are, why you like them, and your favorite ways to eat them.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups of fruits and vegetables you and your family need every day.

	Kids, Ages 8-12	Teens and Adults, Ages 13 and up
Males	2½-3 cups per day	4½-6½ cups per day
Females	2½-3 cups per day	3½-5 cups per day

If you are active, eat the higher number of cups per day.
Visit www.choosemyplate.gov to learn more.

- Provides nutrition information, healthy serving ideas, physical activity tips, and more
- Available in English (in print form only)
- Spanish and Arabic versions available for download at Michigan Nutrition Network Website

School Announcements

School Announcements



The Building Leadership Guide offers daily tips for use by the health champions in your school. Use the short, health focused messages targeted at students daily as principal announcements over the PA system. Each day, the building health champion (principal, counselor, administrative assistant or student) shares a positive nutrition or physical activity message to all students. This guide includes posts for each weekday of the month that are flexible for what best fits your school calendar. Other uses for the school announcements include school newsletter or website content, Facebook posts and Twitter tweets to help keep your students and their families living healthy lifestyles. These announcements are an important function of a school-wide approach to encourage your students to lead a healthy lifestyle.

Announcements are listed by days of the week and focus on healthy behaviors students are hearing about in their classrooms and gymnasium including:

- keeping students active at school and home
- including more fruits and vegetables in meals and snacks
- eating a variety of foods
- hand washing

SAMPLE MESSAGE:

Did you know that there are many different ways to eat apples? Whole/fresh, applesauce, 100% apple juice or even dried apples. They even make apple chips! What is your favorite way to eat apples?

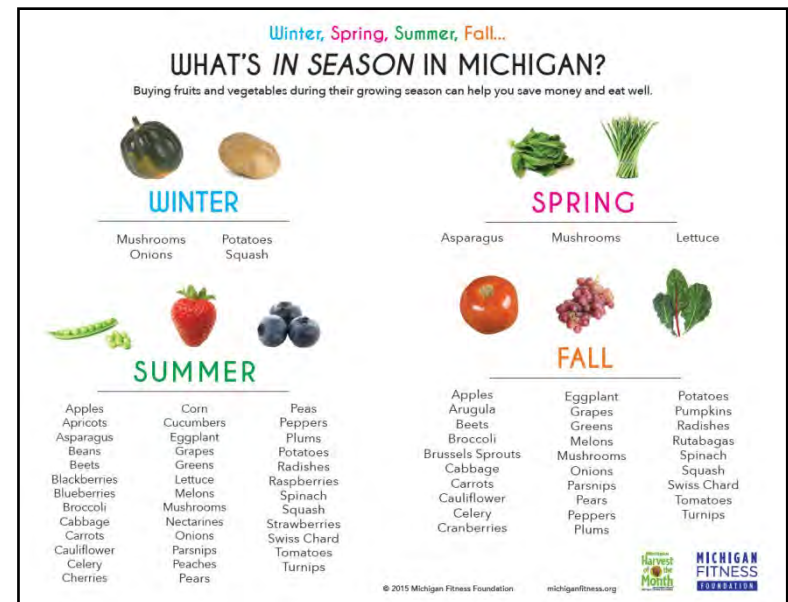
- Short, positive, health focused messages around nutrition and physical activity
- Principals and students read over the PA system
- Teachers share in classrooms
- Include in school newsletters; websites; social media
- Available on Michigan Nutrition Network Website

Mini-Posters



- Parent Engagement Resource
- Classroom Display

- English version available in print form only.
- Arabic and Spanish versions available for download on the Michigan Nutrition Network Website.




Recipe Cards

Tuna Apple Salad

Your Opinion Matters!

Prep time: 15 minutes **Makes 4 servings.** 1 cup per serving

Nutrition information per serving: Calories 216, Carbohydrate 27 g, Dietary Fiber 4 g, Protein 25 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 120 mg, Sodium 544 mg



Ingredients

- 2 (8-ounce) cans water packed tuna, drained
- 2 tablespoons chopped red onion
- 1 medium apple, cored and chopped
- 1/4 cup chopped celery
- 1/4 cup golden raisins
- 3 tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 medium whole wheat pitas

Directions

1. In a small bowl, stir tuna, onion, apple, celery, raisins, and two tablespoons of dressing together.
2. In another bowl, toss salad greens with remaining dressing.
3. Cut pitas in half to make 4 pita pockets.
4. Carefully fill pita pockets with equal amounts of tuna and salad greens. Serve immediately.

HOW DID YOU LIKE THIS RECIPE?

☐ I loved it! I will definitely make this recipe at home.

☐ It was OK. I may or may not make this recipe at home.

☐ I didn't like it. I won't make this recipe but I might share it with others.

☐ The recipe looks interesting. I might try it at home.

TAS8

Michigan Harvest of the Month

Apples



Michigan Harvest of the Month
Michigan Fitness Foundation

Healthy Serving Ideas

- Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.
- Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus one-third of the oil called for in the recipe.

Produce Tips

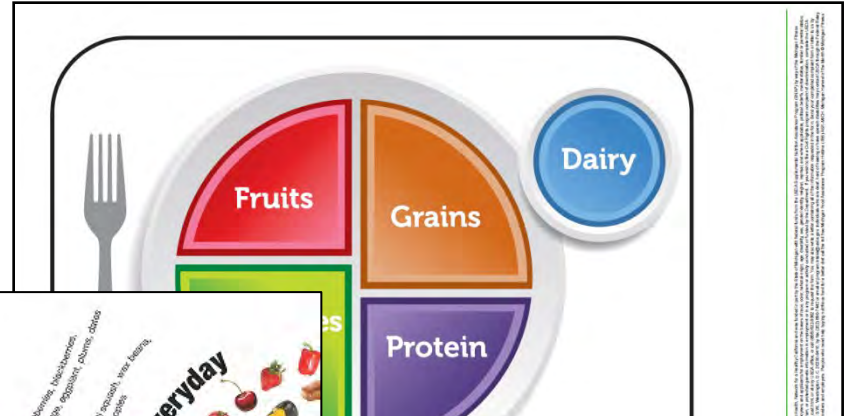
- Look for apples that are firm and do not have bruises or soft spots.
- Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months. Do not refrigerate apples in closed bags.
- To keep apples from browning, prepare fresh apple dishes just before serving. Or, pour 100% apple juice over fresh apple slices.



This material is adapted from Harvest of the Month produced by the California Department of Public Health, Network for a Healthy California, and was funded in part by U.S. Department of Agriculture Supplemental Nutrition Assistance Program (SNAP) through the State of Michigan and the Michigan Fitness Foundation. These institutions are equal opportunity providers and employers. For food help contact the toll free Michigan Food Assistance Program hotline: (855) 456-4411.

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Cafeteria Posters





Family Approved Cookbook



www.mihotm.recipes

Alignment to Standards

Alignment to Standards are available on the Michigan Nutrition Network Website for all MiHOTM featured produce



The *Michigan Harvest of the Month™* featured fruit is

apples

Adventurous Activities

English Language Arts
Strand: Speaking & Listening
Category: Comprehension and Collaboration

Anchor Standard #2: CCSS.ELA-LITERACY.CCRA.W.2
Integrate and evaluate information presented in diverse media and formats, including visually, quantitatively, and orally.

GRADES	STANDARD CODES	STANDARD TEXTS
Kindergarten	CCSS.ELA-LITERACY.SL.K.2	Confirm understanding of a text read aloud or information presented orally or through other media by asking and answering questions about key details and requesting clarification if something is not understood.
Grade One	CCSS.ELA-LITERACY.SL.1.2	Ask and answer questions about key details in a text read aloud or information presented orally or through other media.
Grade Two	CCSS.ELA-LITERACY.SL.2.2	Recount or describe key ideas or details from a text read aloud or information presented orally or through other media.
Grade Three	CCSS.ELA-LITERACY.SL.3.2	Determine the main ideas and supporting details of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.
Grade Four	CCSS.ELA-LITERACY.SL.4.2	Paraphrase portions of a text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.
Grade Five	CCSS.ELA-LITERACY.SL.5.2	Summarize a written text read aloud or information presented in diverse media and formats, including visually, quantitatively, and orally.
Grade Six	CCSS.ELA-LITERACY.SL.6.2	Interpret information presented in diverse media and formats (e.g., visually, quantitatively, orally) and explain how it contributes to a topic, text, or issue under study.

Educator Newsletter Section	STANDARDS				
	Health Education	English Language Arts	Science	Math	History- Social Science
Taste Testing	✓	✓	✓	✓	
Reasons to Eat	✓		✓		
How Much Do I Need?	✓				
Student Sleuths	✓	✓	✓	✓	✓
Adventurous Activities	✓	✓	✓	✓	
Literature Links	✓	✓	✓	✓	✓

Educator Newsletter Activity

Part 1

1. Bring:

- Educator Newsletter
- Strategies for Implementation
- Standards

2. Form groups of 3-5 with others having the same fruit/veggie on name tag

Michigan
Harvest
of the
Month
Michigan Harvest of the Month
Michigan Farmers Foundation

Strategies for Implementation

Using Key Sections of the Educator Newsletter

Taste Testing	Cooking in the Classroom	Nutrition Facts label, Reasons to Eat & Eat your Colors	Botanical and Growing Information	Home Grown Facts	A Piece of History	Student Sleuths
Physical Activity Corner	School Garden	Cafeteria Connections	Student Advocates	Adventurous Activities	Literature Links	Additional Thoughts



Reasons to Eat Apples, Nutrition Facts Labels, How Much Do I Need?



Student Sleuths and Student Champions



Home Grown Facts, How Do Apples Grow, and Botanical Facts



Taste Testing and Cooking in Class



Adventurous Activities and Cafeteria Connections

- **Explore your assigned section**
- **Identify strategies for implementing in classroom or cafeteria**
- **Make connections to the core standards**

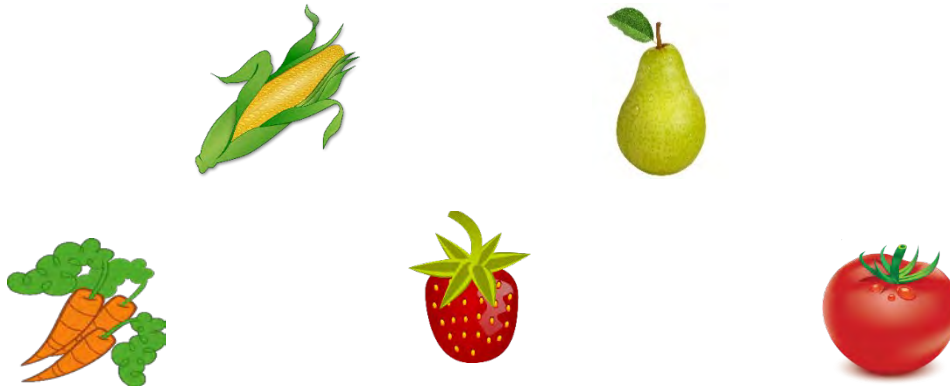
Educator Newsletter Activity

Part 2

Form a new group of 5 that has one person with each of the fruits/veggies on their nametag.



Share with your new group the highlights
of the discussion you had with your
previous group



What did you learn?

How could you apply it?

Break

- See you in 15 minutes!
- Sample the apple oatmeal
- Be active
- Help us stay on time



Building Student Skills



Activity

At your table:

Brainstorm how MiHOTM resources and other nutrition education resources build student skills



Rules of Brainstorming

DEFER JUDGEMENT
GO FOR VOLUME
ONE CONVERSATION at a time
BE VISUAL
HEADLINE
Build on the Ideas of Others
Stay on TOPIC
Encourage WILD IDEAS

SO...

How was it?

© 2014 Michigan Fitness Foundation

Michigan's Harvest of the Month

Michigan Fresh Foundation

Michigan Harvest of the Month® features ready-to-go tools and resources that can be used in diverse applications within the school environment and are based on the current dietary guidelines for Americans. Michigan Harvest of the Month® provides education and food service directors with materials that give students hands-on opportunities to explore, taste, and learn about the importance of eating a variety of fruits and vegetables as well as being physically active every day. The materials are designed to promote change in eating behaviors to engaging students in the learning process and building their skills in accessing information, analyzing influences, decision-making, self-management, and advocacy.

The materials include educator resources along with handouts for your students and their families to extend your lessons. Use the activities on the Educator Resource in your classroom, hallway, playground, and cafeteria. Work with your school wellness team and child nutrition staff to spread the message throughout your school and district. Activities have been identified that link to the Common Core State Standards as well as the Next Generation Science Standards.

Student Activities:

The four-page document provides educators with the activities that are scientifically accurate and provide hands-on activities, tools, and tips for open-ended study by students.

Family Newsletter:

The Family Newsletter reinforces what students learn in the classroom and provides parents with eating tips, ideas for being physically active, and tips for selecting, storing and serving the featured product. Send home this newsletter to encourage them to learn more about the fruits and vegetables being featured in your classroom and cafeteria.

Nutrition Facts Label:

Use the Nutrition Facts Label to teach students how to read food labels. Students also learn about the differences in trans, added and frozen fruits and vegetables—and all good choices to include on the nutrition menu and beyond.

Botanical Images:


Familiarize students, with different plant parts that we eat by extending the “How Does It Grow?” activity in the Educator Resource.

Student Worksheet:

This worksheet is provided to you with all of the answers from the Student Study activity within the Educator Resource. Use Student Study worksheets to extend your classroom lesson and reinforce the answers shown on these pages.

Why Michigan Harvest of the Month?

As educators, parents and members of our communities, we want the best for our students—but there is no healthy and active student. Studies show that healthy eating and daily physical activity can have a profound impact on the body and improve the ability to learn and concentrate. Michigan Harvest of the Month® was developed to engage students in a variety of settings where nutrition education can have the biggest impact—the classroom, cafeteria, home and community.



50 Cents or Less

Nutrition Facts

Botanical Images

Student Worksheet

	<div style="text-align: right;">TEACH BUILD MOVE</div>	
<div style="background-color: #4f7942; color: white; padding: 10px;"> <div style="float: left; width: 60%;">TEACH</div> <div style="float: right; width: 35%; text-align: right;"> <input type="text" value="Search"/> <small>SITEMAP</small> </div> <div style="clear: both;"></div> </div>		
<div style="background-color: #2e5496; color: white; padding: 10px; text-align: center;"> <h3>MICHIGAN NUTRITION NETWORK</h3> <p><small>Quality nutrition education programs and social marketing campaigns to promote healthier choices about food.</small></p> </div>	<div style="background-color: #2e5496; color: white; padding: 10px; text-align: center;"> <h3>FITBITS™</h3> <p><small>Physical activity for elementary classrooms to enhance health and academic performance.</small></p> </div>	<div style="background-color: #2e5496; color: white; padding: 10px; text-align: center;"> <h3>PE-NUT</h3> <p><small>A whole-school approach to being physically active and eating healthier foods.</small></p> </div>
<div style="background-color: #2e5496; color: white; padding: 10px; text-align: center;"> <h3>EPEC CLASSIC™ K-5</h3> <p><small>Quality physical education curriculum, the cornerstone to physical activity throughout the school day.</small></p> </div>	<div style="background-color: #2e5496; color: white; padding: 10px; text-align: center;"> <h3>EPEC CLASSIC™ 6-12</h3> <p><small>Quality physical education to help learners be active for life.</small></p> </div>	<div style="background-color: #2e5496; color: white; padding: 10px; text-align: center;"> <h3>HEALTH THROUGH LITERACY</h3> <p><small>Book sets for teachers with health education themes.</small></p> </div>
<div style="background-color: #2e5496; color: white; padding: 10px; text-align: center;"> <h3>HEALTHY CLASSROOMS, HEALTHY SCHOOLS</h3> <p><small>A Coordinated School Health program to help teachers transform their classrooms and schools into healthier environments.</small></p> </div>	<div style="background-color: #2e5496; color: white; padding: 10px; text-align: center;"> <h3>MICHIGAN HARVEST OF THE MONTH</h3> <p><small>Materials to encourage healthy choices through access to healthy foods and physical activity.</small></p> </div>	<div style="background-color: #2e5496; color: white; padding: 10px; text-align: center;"> <h3>REC-CORP</h3> <p><small>Free and low-cost physical activity opportunities for underservice populations.</small></p> </div>

NEWS

Fitness Ambassador Wanted!

Meet Karen Taylor, one of our Fitness Ambassadors, who is sharing her journey to run the Mighty Mac on...

[READ MORE...](#)

One Bridge, Two Events

As the school year quickly approaches, many families are looking for a way to finish summer with a bang....

[READ MORE...](#)

Michigander Bike Tour Highlights Best of Pure Michigan Summer Fun

Over 700 bicyclists from 24 U.S. states, Canada and Great Britain are departing from Cheboygan.....

[READ MORE...](#)

Improving pedestrian safety in your community

Ready, fire! This was the resounding theme at the Detroit Future City presentation by Gil Penolosa. In...

[READ MORE...](#)

Fitness Ambassador: This is an awesome run!!

First, just a little history: When I

Engaging Parents

Resources Relationships

www.mihotm.recipes

Michigan Harvest of the Month
Michigan Nutrition Network
Michigan Fitness Foundation

The Michigan Harvest of the Month™ featured fruit is **apples**

Healthy Serving Ideas

- Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick. Serve as a snack or dessert.
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TUNA APPLE SALAD
Makes 4 servings, 1 cup per serving.
Prep time: 15 minutes

Ingredients:

1. (6-ounce) cans water packed tuna, drained
2. tablespoons chopped red onion
- 1 medium apple, cored and chopped
- 1/2 cup chopped celery
- 1/2 cup golden raisins
3. tablespoons fat free Italian dressing
- 2 cups salad greens
- 2 medium whole wheat pitas

1. In a small bowl, stir tuna, onion, apple, celery, raisins, and two tablespoons of dressing together.

2. In another bowl, toss salad greens with remaining dressing.

3. Cut pitas in half to make 4 pita pockets.

4. Carefully fill pita pockets with equal amounts of tuna and salad greens. Serve immediately.

Nutrition Information per serving:
Calories 218, Carbohydrate 27 g, Dietary Fiber 4 g, Protein 20 g, Total Fat 2 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 28 mg, Sodium 544 mg

Adapted from: *Everyday Healthy Meals*, November for a Healthy California, 2007

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Nutrition
Serving Size: 1/2 cup
Calories 28

Total Fat 1g
Saturated Fat 0g
Trans Fat 0g
Cholesterol 0g
Sodium 1mg
Total Carbs 2g
Dietary Fiber 0g
Sugars 0g
Protein 0g
Vitamin A
Vitamin C

How Much?

- A 1/2 cup of sliced apples is as much as a cup of fruit.
- A 1/2 cup of fruit is about the size of your fist.

• Fruits and vegetables are an important part of an overall healthy, balanced diet. Go to www.choosemyplate.gov to learn about the other food groups.

• Discuss with your child what your favorite fruits or vegetables are, why you like them, and your favorite way to eat them.

The amount of fruits and vegetables need depends on your age, gender, how active you are every day. Look at the chart below to find out how many fruits and vegetables you and your child need every day.

Recommended Daily Amount of Fruits and Vegetables

	Kids, Ages 4-12	Teens, Ages 13-18
Boys	2 1/2-5 cups per day	4 1/2-6 cups per day
Girls	2 1/2-5 cups per day	4 1/2-6 cups per day

If you are active, eat the higher number.

Visit www.choosemyplate.gov to learn more.

GINGER SLOG

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Nutrition
Serving Size: 1/2 cup
Calories 28

Total Fat 1g
Saturated Fat 0g
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Family Approved
Recipes from Michigan Harvest of the Month

APPLE ACTIVITIES

Test Your Apple IQ
(Answers are at the bottom of this page.)

1. A 1/2 cup of sliced apples is as much as a cup of fruit. (hint: Look at the Nutrition Facts label on the right.)
A) zero B) one C) four D) eight
2. Most of the fiber in an apple is found in the:
A) flesh B) skin C) core D) stem
3. Which apple variety is grown in Michigan?
A) McIntosh B) Red Delicious C) Golden Delicious D) All three

Reasons to Eat Apples
Apples are a source of fiber. Fiber helps you feel full, helps move food through your body, and helps keep your blood sugar level normal. It is found only in plant foods like fruits, vegetables, grains, nuts, and seeds. Eating fruits, like apples, will help you get the nutrients you need to grow healthy and strong.

Fiber Champions*
Beans, blackberries, dates, pears, pears, pumpkin, raspberries, whole wheat cereal, and whole wheat bread.

How Much Do I Need?
A 1/2 cup of sliced apples is about one cupped handful. This is about the size of half of a small apple. The amount of fruits and vegetables you need to eat depends on your age, if you are a boy or a girl, and how active you are every day. All forms of fruits and vegetables count towards your daily amount - fresh, frozen, canned, dried, and 100% juice. Make a plan to eat plenty of fruits and vegetables every day. And don't forget to be active for at least 60 minutes each day.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 4-12	Teens and Adults, Ages 13 and up
Boys	2 1/2-5 cups per day	4 1/2-6 cups per day
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Sodium 1mg
Total Carbs 2g
Dietary Fiber 0g
Sugars 0g
Protein 0g
Vitamin A
Vitamin C

START

FINISH

Taste Testing Demonstration

- Taste Testing
 - Demonstration
 - Role Play
- Cooking in Class (optional activity)
 - Recipe demonstration



Safe Food Handling Techniques

[Note: These are general suggestions and are not a comprehensive list of food safety procedures. For specific requirements of your school building, please contact your school administrator.]

General Food Safety

There are four simple keys to making sure that your food is safe from harmful bacteria:

- **Clean:** Always wash your hands, utensils, and surfaces with hot, soapy water before and after preparing food.
- **Separate:** Keep raw meat, poultry, and seafood separate from other foods when they are stored and when you are preparing them.
- **Cook:** Be sure to cook food for a long enough time and at a high enough temperature to kill harmful bacteria.
- **Chill:** Put prepared foods and leftovers into the refrigerator or freezer as soon as possible. Don't defrost foods at room temperature – thaw them in the refrigerator, under cold running water, or in the microwave.

Fruit and Vegetable Safety

- Rinse all fruits and vegetables with water, even if you don't eat the outside of the fruit or vegetable (such as bananas, cantaloupe, or oranges). If necessary, use a small vegetable brush to remove surface dirt.
- Before opening them, rinse the tops of the cans when using canned fruits and vegetables.
- Try to cut away damaged or bruised areas of fruits and vegetables.
- Use juices that have been pasteurized or treated to kill harmful bacteria. Pasteurized juices can be found in refrigerated sections of stores. Treated juices can be kept on the shelf in stores and are in juice boxes, bottles, and cans. Unpasteurized or untreated juice should have a warning label that says, "This product has not been pasteurized and therefore may contain harmful bacteria that can cause serious illness in children, the elderly, and persons with weakened immune systems."

For more information, refer to "Best Practices for Handling Fresh Produce in Schools", available from The National Food Service Management Institute at www.nfsmi.org/ResourceOverview.aspx?ID=351. This resource includes recommendations for purchasing and receiving, storage, hand hygiene, washing, preparation and serving of fresh produce. Specific attention is provided to leafy greens tomatoes, melons, and sprouts. Published in 2010.

Cooking Safety

- Always use clean, dry oven mitts whenever you use the oven.
- When cooking on the stove, make sure pot handles are turned away from the front of the stove so the pots are not accidentally bumped or knocked off.
- When uncovering a pot on the stove or a container from the microwave, open the lid away from you to let the steam out.
- Always turn the sharp edge of a knife or vegetable peeler away from you as you use it (use caution when handling a cheese grater, too). Keep your fingertips away from the sharp edge of the knife when cutting.
- Use a cutting board when you chop or slice ingredients.
- When using a blender, keep the lid on. Turn the blender off before you put any utensils inside the blender container.

For more information on food safety, visit www.foodsafety.gov.

Source: School Idea & Resource Kit: 4th grade edition, California Department of Public Health's Nutrition Education and Obesity Prevention Branch-Power Play! Campaign



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Apple Oatmeal Debrief

- Apple Oatmeal Connections & Debrief
- Memory of experience
- Could they taste the apples in oatmeal? Smell?

Cooking in Class: Apple Oatmeal

Makes 36 tastes at ¼ cup each.

Ingredients:

- 3 large apples, cored
- 3 cups quick cooking oats
- ½ tablespoon ground cinnamon
- ¾ teaspoon salt
- 5¼ cups 100% apple juice
- Small cups and spoons

1. Chop apples into bite-sized chunks.
2. Combine apple chunks, oats, cinnamon, salt, and apple juice in a large microwave-safe bowl. Cover bowl with lid or plastic wrap. Leave a little opening for steam to get out.
3. Microwave on high for 3-4 minutes, stirring once after 2 minutes.
4. Stir and let cool 1 minute before serving.

Nutrition information per serving: Calories: 52, Carbohydrate 11 g, Dietary Fiber 1 g, Protein 1 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 26 mg

Adapted from: Kids...Get Cookin'!, Network for a Healthy California—Children's Power Play! Campaign, 2009.

Exploring Apples

- Observe, feel, smell, and taste each apple
- Record observations on the sensory sheet
- Review the Nutrition Facts Label for apples
- Make comparisons and contrasts about the different apples



Exploring Apples



<u>Sense</u>	<u>Tasting #1</u>	<u>Tasting #2</u>	<u>Tasting #3</u>
Color			
Texture			
Smell			
Sound			
Taste			

My favorite apple is: _____.

- Worksheet for capturing sensory experiences during taste testing
- Could be used in multiple venues

**MICHIGAN
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**Michigan
Harvest
of the**

Taste Testing Debrief

- Discuss how taste testing can be implemented in the classroom and/or cafeteria
- Brainstorm ideas for obtaining produce for classroom testing activities





Welcome Back!



Ways Kids Experience F & V

- School Meals
- FFVP Snacks
- Smarter Lunchrooms Movement
- Local School Wellness Policies
 - Nutrition promotion
 - Nutrition education
 - for students
 - for parents and guardians
 - Physical activity
 - Nutrition guidelines



Strategies

- Taste testings
- Connections between tastings and menus
- Partnerships between classroom and cafeteria
- Coordinates marketing and promotion
- Involves students and parents

Activity

Break into groups:

- **Classroom Teachers**
- **FFVP Administrators; Child Nutrition Directors; Food Service Staff**
- **SNAP-Ed Nutrition Educators**

- Assign a facilitator, note taker and presenter(s)
- Brainstorm challenges and successes:
 - Trying New Foods
 - Engaging Parents
 - Time Constraints
 - Strategies for Procuring Produce
 - Healthy Snacks

Share the Learning

- Trying New Foods
- Engaging Parents
- Time Constraints
- Strategies for procuring produce
- Healthy Snacks



Break

- Get active!
- See you in 15 minutes!



Key Elements to Implementation

- Partnerships
- School Culture
- Sustainability



Primary Elements for Implementation

- Develop your plan
- Align with school menu
- Identify partners
- Do it!



Classroom Teachers



Michigan Harvest of the Month™ features ready-to-go tools and resources that can be used in diverse applications within the school environment and are based on the current dietary guidelines for Americans. Michigan Harvest of the Month™ provides educators and food service directors with materials that give students hands-on opportunities to explore, taste, and learn about the importance of eating a variety of fruits and vegetables as well as being physically active every day. The materials are designed to promote change in eating behaviors by engaging students in the learning process and building their skills in accessing information, analyzing influences, decision-making, self-management, and advocacy.

The materials include educator resources along with handouts for your students and their families to extend your lessons. Use the activities on the Educator Newsletter in your classroom, hallway, playground, and cafeteria. Work with your school wellness team and child nutrition staff to spread the message throughout your school and district. Activities have been identified that link to the Common Core State Standards as well as the Next Generation Science Standards.

Educator Newsletters:
This four-page document provides educators with the activities that are scientifically accurate and provide hands-on activities, tools, and ideas for open-ended study by students.

Family Newsletters:
The Family Newsletter reinforces what students learn in the classroom and provides parents with recipes, nutrition information, healthy eating tips, ideas for being physically active, and tips for selecting, storing and serving the featured produce. Send home the Family Newsletters to encourage them to learn more about the fruits and vegetables being featured in your classroom and cafeteria.

Nutrition Facts Labels:
Use the Nutrition Facts Labels to teach students how to read food labels. Students also learn about the differences in fresh, canned and frozen fruits and vegetables—all are good choices to obtain the nutrition we need.

Botanical Images:
Familiarize students with different plant parts that we eat by extending the "How Does It Grow?" activity in the Educator Newsletter.

Student Worksheets:
This answerkey provides you with all of the answers from the Student Worksheet activity within the Educator Newsletter. Use Student Worksheet questions to extend your classroom lesson and reference the answers here on these pages.

Why Michigan Harvest of the Month?
As educators, parents and members of our communities, we want the best for our students—for them to be healthy and more active. Studies show that healthy eating and daily physical activity can have a profound impact on the body and improve the ability to learn and comprehend. Michigan Harvest of the Month™ was developed to engage students in a variety of settings where nutrition education can have the biggest impact—the classroom, cafeteria, home and community.

**Michigan Harvest of the Month™
Best Practices Educator Checklist**

Name: _____
School: _____ Year: _____

Thank you for participating in the *Michigan Harvest of the Month™* (MHOTM). Michigan has a rich specialty crop history and is one of the largest growers of produce in the United States. The overall goal of MHOTM is to motivate and empower students to increase their consumption and enjoyment of a variety of colorful fruits and vegetables and to engage them in physical activity every day. It is designed to provide knowledge- and skill-based strategies for students that are standardized, replicable, cost-effective, and convenient.

Your participation in the program ensures students will receive the knowledge and skills they need to succeed!

Instructions:
The checklist outlines the steps for getting started and best practices for implementing the MHOTM program in your classroom based on practice-based successes in the field. Activities are grouped in four categories: **Get Ready** and **Get Set** activities occur only once at the beginning of the school year. The **Go** activities occur monthly and the **School Building Leaders** activities are on an as needed basis. Use this checklist to mark off the month as each item is completed.

Resource Links:
<http://www.michiganharvestofthemonth.org/harvest-of-the-month>
<http://www.michiganharvestofthemonth.org/fish-fruit-and-vegetable-connection>

	Frequency	August	September	October	November
GET READY					
1. Refer to the website to stay connected about MHOTM training opportunities.	Once				
2. Participate in a MHOTM teacher training for your site conducted by the Michigan Fitness Foundation.	Once				
3. Read the Teacher Letter about the MHOTM program.	Once				
4. Review the MHOTM Child Nutrition Director Guide .	Once				
5. Connect with the Child Nutrition Director for your school building to use what MHOTM produce is being offered.	Once				
GET SET					
1. Identify when, how, and from whom you will receive the MHOTM resources.	Once				
2. Display MHOTM poster(s) in the classroom and cafeteria to reinforce messaging.	Once				
3. Distribute MHOTM mini-posters for students to take home to introduce their families to the program.	Once				
4. Review the Student Worksheet resources for the MHOTM activities to see how they align to educational standards.	Once				

**Michigan Harvest of the Month™
Best Practices Educator Check List**


	Frequency	August	September	October	November	December	January	February	March	April	May	June
GO												
1. Review materials in MHOTM teacher resource packet for the featured produce: • Educator Newsletter • Family Newsletter	Monthly											
2. Collect copy of school menu(s) for the current month.	Monthly											
3. Distribute Family Newsletter to parents.	Monthly											
4. Schedule and conduct activities from the MHOTM Educator Newsletter: a. Offer at least one Taste Testing of the featured produce. b. Distribute and discuss Nutrition Facts label. c. Discuss Reasons to Eat. d. Distribute and discuss Botanical Image. e. Select and sign appropriate Student Worksheet questions (Answers in MHOTM teacher resource packet).	Monthly											
Other Educator Newsletter Activities to Consider												
1. School Garden	Monthly											
2. Continue on Classroom recipe in MHOTM Educator Newsletter.	Monthly											
3. Culinary Connections (may include taste tests of menu items).	Monthly											
4. Encourage students to find featured produce and MHOTM promotional materials and signage in cafeteria.	Monthly											
5. Encourage child nutrition staff to participate in classroom activities using menu labels.	As needed											
6. Student Activities	As needed											
7. Other	As needed											
8. Review school menu menu with students to identify featured produce items.	Monthly											
9. Perform classroom physical activity assignments (Tollens™ or others) that focus on featured produce.	As needed											
School Building Leaders												
1. Provide MHOTM updates at school staff meetings.	Monthly											
2. Consult with school/district lead about activities and/or progress of MHOTM.	As needed											
3. Use available building management to reinforce positive fruit and vegetable messages.	Daily											

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- Role model best practices
- Support MiHOTM implementation in schools
- Resource for teachers

Child Nutrition Directors



The Role of the Child Nutrition Director

Michigan Harvest of the Month™ can be easily be integrated into your school meal or Fresh Fruit and Vegetable Program (FFVP) to reinforce the student messages about eating more fruits and vegetables. Use this guide as you distribute the posters and teacher resource packages in your buildings. Use this checklist to guide your activities to implement Michigan Harvest of the Month™ most effectively and efficiently.

Optional Activities for the School Year

Step 1

- Communicate with your school staff (principals, teachers, child nutrition staff, etc.) to share education resources, Michigan Harvest of the Month™, provided at no cost by the Michigan Fitness Foundation. Customize your communication with various staff members to meet their expectations and role. For example:
 - Principals will encourage to students trying new foods and eat more fruits and vegetables. Announcements are available to engage principals and school leaders. Visit <http://www.michigannutritionnetwork.org/harvest-of-the-month>.
 - Teachers will use the Michigan Harvest of the Month™ materials to engage students in activities from the 4-page Educator Newsletter, including: fruits and vegetables, send home family newsletters, and reinforce school meals.
 - Child nutrition staff will display posters in or near the cafeteria. The posters will be displayed during breakfast, lunch and FFVP snacks to reinforce the classroom lessons.

Refer to the *Child Nutrition Director Training Guide – How to Grow Healthy* at <http://www.michigannutritionnetwork.org/harvest-of-the-month> for additional information.

Step 2


- Place your order from MFF – order adequate quantities of posters for each building and teacher resource packages for each teacher in your eligible buildings.

Step 3

- Take stock of the materials you received from the Michigan Fitness Foundation.
- Pull out the materials you will use to coincide with your FFVP snack rounds.
- Additional items are available at <http://www.michigannutritionnetwork.org>:
 - Materials translated into Arabic and Spanish
 - Customizable menu cards with student activities
 - Teacher letter and training video
 - School announcements


Step 4

- Deliver one envelope of teacher resource packages to each teacher and child nutrition staff at the same time as the FFVP snack reinforcements to the teachers. (The materials go along with the fruit or vegetable being served.)
- Deliver posters to child nutrition staff and remind them to display posters in the cafeteria.



HOW TO GROW HEALTHY STUDENTS

Michigan Harvest of the Month™ Child Nutrition



IMPLEMENTING MICHIGAN HARVEST OF THE MONTH™

GETTING STARTED

A successful Michigan Harvest of the Month™ program is a team effort. The strength of Michigan Harvest of the Month™ lies in its ability to reach students in a variety of settings – the classroom, cafeteria, home and community. The success of the program depends on the people who implement it and the staff who work directly with the students.

Key players in implementing Michigan Harvest of the Month™ are the educators, classroom teachers and child nutrition staff. Others to include on the team could be school administrators and other school staff, students and parents. With a team in place, Michigan Harvest of the Month™ can be used more effectively to motivate and empower students to increase consumption and enjoyment of a variety of fruits and vegetables and engage in physical activity every day.

STEPS TO IMPLEMENTING MICHIGAN HARVEST OF THE MONTH™

There are a variety of ways to launch Michigan Harvest of the Month™. The following steps are to be used as a guide in planning and implementing a successful program.

Step 1: Build the team

Identify the school community members who will be involved in the program. This team should include teachers, child nutrition staff, administrators, school board members, school staff, and parents. Introduce Michigan Harvest of the Month™ to the team and solicit ideas for implementing the program in their school.

Step 2: Plan the program

Identify the staff to discuss featuring Michigan Harvest of the Month™ produce during the school year. Determine the orders and delivery of the materials to the classroom along with the Fresh Fruit and Vegetable Program (FFVP) resources.

Step 3: Order materials

Order the Michigan Harvest of the Month™ materials and resources needed for participating schools. These include: Educator Newsletters, posters, and cafeteria posters (see page 6-8 for a description of the materials). Materials are available at no cost to schools. Materials can be ordered online at www.michigannutritionnetwork.org or by email at info@michigannutritionnetwork.org or via fax to 517-347-8145. Expect delivery 2-3 weeks after placing an order.

Step 4: Distribute materials

Distribute the Michigan Harvest of the Month™ materials and resources to the school staff, teachers, and child nutrition staff. Additional training videos, instructions, etc. are available at www.michigannutritionnetwork.org/harvest-of-the-month.

Step 5: Implement the program

Implement the Michigan Harvest of the Month™ materials and resources in the classroom, cafeteria, and home. Solicit feedback from teachers, child nutrition staff, and parents to continue the promotion of and support of the program.

GAINING SUPPORT

STRATEGIES TO INVOLVE SCHOOL STAFF

- Include teachers, school nurses, librarians, physical education teachers and specialists, life skills and foods/nutrition staff as well as afterschool program staff.
- Discuss possible ways to promote Michigan Harvest of the Month™ on the school campus (nurses' office, library, gymnasium, computer lab, etc.).
- Distribute the Teacher Resource Packet (see p. 7 for details) to all of the classroom teachers containing the materials and encourage them to adapt the lessons and activities for their purposes.
- Solicit ideas for involvement in staff development and in-service training opportunities.
- Invite school staff to participate by offering taste tests as part of their work with students.
- Discuss the challenges in promoting healthy food choices and physical activity.
- Invite them to implement other activities (e.g., if the school has a garden, discuss ways to engage students in garden-based nutrition education).

STRATEGIES TO INVOLVE STUDENTS

- Schedule meetings with student leaders (e.g., student councils/governments, school health councils, student nutrition advisory committees) and other students to introduce them to Michigan Harvest of the Month™.
- Solicit ideas on how to best implement the program on school campus.
- Engage students in the opportunity to make a difference in their schools by expressing their ideas and having them work with the appropriate adult to implement them.
- Encourage students to involve their teachers and child nutrition staff to implement changes in the school environment, such as:
 - increasing availability of fruits and vegetables in the cafeterias (e.g., salad bar), vending machines and snack bars
 - starting or maintaining a school garden
 - improving access to school grounds and/or increasing opportunities for more physical activity

STRATEGIES TO INVOLVE PARENTS

Parents are key in implementing a successful program because they make the food purchase decisions at home.

- Conduct parent workshop sessions at Back to School Nights and other parent meetings.
- Emphasize the link between nutrition, physical activity, improved academic performance and classroom behavior.
- Use the recipes in Michigan Harvest of the Month™ to offer taste testings at events where families are present in the building to showcase the meals you serve to their children.
- Invite parents to share their experiences and skills in gardening or food preparation and their ideas for family physical activity. Parents can even share these experiences and ideas in the classroom.
- Invite parents to volunteer in the classroom on taste testing days.
- Provide them with the family newsletters. Encourage parents to share these with friends and neighbors.



FFVP Administrators



MICHIGAN HARVEST OF THE MONTH™ MATERIALS ORDER FORM

Date Needed by: _____

School/Organization Name : _____

Contact Person: _____

Shipping Address: _____

City, State, Zip: _____

Contact Phone: _____

Contact Email: _____

Do you have a loading dock? ☐ Yes ☐ No

Special Shipping Instructions:

How will these materials be used?

Order Completed By: _____

Signature: _____ Date: _____

Your signature verifies your order quantities and shipping address.

Returning This Form

Return this form via fax to 517-347-8145 or email at resources@michiganfitness.org or if applicable to your MFF SNAP-Ed Project Manager. Please allow three weeks for processing and shipping.

MFF Approval

GAINING SUPPORT

STRATEGIES TO INVOLVE SCHOOL STAFF

Include teachers, school nurses, librarians, physical education teachers and specialists, life skills and foods/nutrition staff as well as afterschool program staff.

- Discuss possible ways to promote *Michigan Harvest of the Month™* on the school campus (nurses' office, library, gymnasium, computer lab, etc.).
- Distribute the Teacher Resource Packet (see p. 7 for details) to all of the classroom teachers containing the materials and encourage them to adapt the lessons and activities for their purposes.
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FFVP Administrators

**Institution
Quantities
25 & 100
servings**

- ▶ Child Nutrition Director Training Guide
- ▶ Steps to Distribute
- ▶ Letter to Teachers
- ▶ Cooking in Class activity recipes
- ▶ Physical Activity Corner
- ▶ School Announcements for Michigan Harvest of the Month
- ▶ Tasting Worksheet for Educators
- ▶ Alignment to Standards
- ▶ Family Newsletters - Arabic
- ▶ Family Newsletters - English
- ▶ Family Newsletters - Spanish
- ▶ Menu Slicks
- ▶ Mini Poster - Arabic
- ▶ Mini Poster - Spanish

▼ Recipes from Michigan Harvest of the Month – Institution Quantity

Recipes from *Michigan Harvest of the Month* – Institution Quantity

School Administrators

IMPLEMENTING MICHIGAN HARVEST OF THE MONTH™

GETTING STARTED

A successful *Michigan Harvest of the Month*™ program is a team effort. The strength of *Michigan Harvest of the Month*™ lies in its ability to reach students in a variety of settings – the classroom, cafeteria, home and community. The success of the program depends on the people who implement it and the staff who work directly with the students.

Key players in implementing *Michigan Harvest of the Month*™ are the educators, classroom teachers and child nutrition staff. Others to include on the team could be school administrators and other school staff, students and parents. With a team in place, *Michigan Harvest of the Month*™ can be used more effectively to motivate and empower students to increase consumption and enjoyment of a variety of fruits and vegetables and engage in physical activity every day.

STEPS TO IMPLEMENTING MICHIGAN HARVEST OF THE MONTH™

There are a variety of ways to launch *Michigan Harvest of the Month*™. The following steps are a guide through the general process of planning and implementing a successful program.

1. Gather support within the school community

Meet with key players – teachers, child nutrition staff, administrators, school board members, students and parents to introduce *Michigan Harvest of the Month*™. Engage them and so planning and implementing the program in their school.

2. Coordinate with the Child Nutrition Staff

Meet with building cafeteria staff to discuss featuring *Michigan Harvest of the Month*™ produce the school year. For information on the featured produce, please refer to page 3 of this guide the logistics for classroom orders and delivery of the materials to the classroom along with and Vegetable Program snack.

3. Order *Michigan Harvest of the Month*™ resources

Determine the quantity of specific materials and resources needed for participating school include the Teacher Resource Packets and cafeteria posters (see page 6-9 for a description materials). An order form is available that allows you to order your materials based on specific fruits and vegetables. These may be submitted to the Michigan Fitness Foundation via email resources@michiganfitness.org or via fax to 517-347-8146. Expect delivery 2–3 weeks after order.

4. Introduce teachers and other staff

Provide an orientation for all teachers and others who will use the materials. Share the Teacher Resource Packets with them to guide their use of *Michigan Harvest of the Month*™ in their classroom.

5. Distribute *Michigan Harvest of the Month*™ materials and resources

Provide materials to teachers and child nutrition staff. Additional training videos, instruction sheets and posters are available for viewing on our website at www.michigannutritionnetwork.org/harvest-of-the-month

6. Provide ongoing support and solicit feedback

Present updates regularly at staff and parent meetings to continue the promotion of *Michigan Harvest of the Month*™. Solicit feedback on successes and problems, as well as suggestions for improvement.

GAINING SUPPORT

STRATEGIES TO INVOLVE SCHOOL STAFF

Include teachers, school nurses, librarians, physical education teachers and specialists, life skills and foods/nutrition staff as well as afterschool program staff.

- Discuss possible ways to promote *Michigan Harvest of the Month*™ on the school campus (nurses' office, library, gymnasium, computer lab, etc.).
- Distribute the Teacher Resource Packet (see p. 7 for details) to all of the classroom teachers containing the materials and encourage them to adapt the lessons and activities for their purposes.
- Solicit ideas for involvement in staff development and in-service training opportunities.

Encourage school staff to participate by offering taste tests as part of their work with students.

Address challenges in promoting healthy food choices and physical activity.

Encourage staff to implement other activities (e.g., if the school has a garden, discuss ways to engage students in garden-based nutrition education).

WAYS TO INVOLVE STUDENTS

Meetings with student leaders (e.g., student councils/governments, school health councils, student advisory committees) and other students to introduce them to *Michigan Harvest of the Month*™. Discuss ways on how to best implement the program on school campus.

Encourage students in the opportunity to make a difference in their schools by expressing their ideas and working with the appropriate adult to implement them.

Encourage students to involve their teachers and child nutrition staff to implement changes in the school environment, such as:

• Increasing availability of fruits and vegetables in the cafeterias (e.g., salad bar), vending machines and snack bars

• Starting or maintaining a school garden

• Increasing access to school grounds and/or increasing opportunities for more physical activity

WAYS TO INVOLVE PARENTS

Encourage parents in implementing a successful program because they make the food purchase decisions at home. Encourage parent workshop sessions at Back to School Nights and other parent meetings.

Encourage parents to share the link between nutrition, physical activity, improved academic performance and classroom learning.

Encourage parents to participate in *Michigan Harvest of the Month*™ to offer taste testings at events where families are invited to showcase the meals you serve to their children.

Encourage parents to share their experiences and skills in gardening or food preparation and their ideas for family nutrition. Parents can even share these experiences and ideas in the classroom.

Encourage parents to volunteer in the classroom on taste testing days.

Encourage parents to share with the family newsletters. Encourage parents to share these with friends and neighbors.

School Announcements



The Building Leadership Guide offers daily tips for use by the health champions in your school. Use the short, health focused messages targeted at students daily as principal announcements over the PA system. Each day, the building health champion (principal, counselor, administrative assistant or student) shares a positive nutrition or physical activity message to all students. This guide includes posts for each weekday of the month that are flexible for what best fits your school calendar. Other uses for the school announcements include school newsletter or website content, Facebook posts and Twitter tweets to help keep your students and their families living healthy lifestyles. These announcements are an important function of a school-wide approach to encourage your students to lead a healthy lifestyle.

Announcements are listed by days of the week and focus on healthy behaviors students are hearing about in their classrooms and gymnasium including:

- keeping students active at school and home
- including more fruits and vegetables in meals and snacks
- eating a variety of foods
- hand washing
- choosing water or low-fat/fat-free milk to drink
- making healthy choices during school breakfast and lunch
- *Riddle Wednesday* – tips to help keep students thinking and talking about healthy foods
- *Healthy Homework* – tips to announce on Fridays as goal setting strategies over the weekend along with follow up announcements if desired.

The announcements include a statement and question to encourage discussion in the classroom. Check off the announcement you have provided to reinforce other healthy messages taught in the classroom, cafeteria and gymnasium.

Map 2 Healthy Living™



Welcome to Your Map to Healthy Living

Map to Healthy Living (M2HL) is a service of the SNAP-Ed programming at the Michigan Nutrition Network at the Michigan Fitness Foundation. It allows users to efficiently find, visualize, and share useful information about food, nutrition and physical activity resources in the communities where they live, work, learn and play.

Enter the map now to find:

1. Low or no-cost nutrition education, food access and physical activity programming locations and organizations*
2. SNAP-Ed eligible census tracts, local MDHS offices, and EBT-participating retailers
3. Populations at high risk for diet-related chronic disease and hunger, including underserved communities

* PLEASE NOTE: M2HL CURRENTLY PORTRAYS FY15 PARTNER AND PROGRAMMING LOCATIONS.

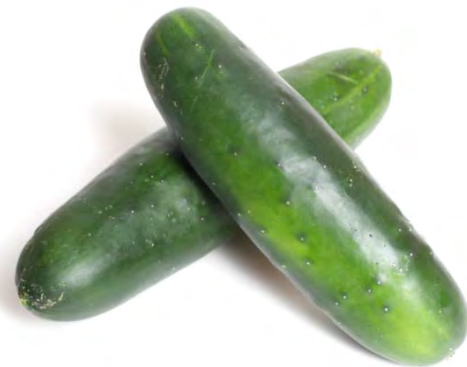
ENTER MAP

Some versions of Internet Explorer do not allow for full map performance. Please upgrade to a new version of Internet Explorer or use an alternate browser (Chrome, Firefox, etc.) to enable all map functionality.

<http://map2healthyliving.org/>

Evaluation

- **Action Plan**
 - Set the stage for success
- **Training Evaluation**
 - Help us improve this training
- **Online Surveys (Dec 2016/Apr 2017)**
 - How is implementation going? What else do you need to be successful?



Training Expectations & Action Plan



The Role of Teachers

Michigan Harvest of the Month™ can be integrated into your classroom and school building to reinforce the student messages about eating more fruits and vegetables. Use this checklist to ensure you are using the resources as efficiently and effectively as possible.

Training Expectations

- ☐ Remain an active participant for the entire length of the training
- ☐ Participate in peer-to-peer sharing as instructed in the training
- ☐ Participate in dialogue as instructed in the training to develop core
- ☐ Complete three post-training electronic surveys (Summer, Fall, Sp

Recommended Activities for Classroom Integration

Step 1

- ☐ Identify and communicate with the person in your school who will ord know that you want to be a part of the MiHOTM team and assist with



MiHOTM 101 ACTION PLAN

Instructions: Please print.

Your Name: _____ E-mail: _____

School Name: _____ Job Title: _____

1. Whom do you need to connect with to assist with the implementation of MiHOTM at your school? List the name and role of potential colleagues you could contact.

Name	Role in MiHOTM Implementation and Support

Wrap Up

- **Complete and Submit:**
 - Evaluation
 - Travel Log
 - Media Release
 - Signed SCECH form
 - Action Plan
 - Signed Training Expectations form
- Check the board for additional raffle prize winners



For More Information

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Thank You!

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(1) mail: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410; (2) fax: (202) 690-7442; or (3) email: program.intake@usda.gov.

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