

Greetings,

Our afterschool program is participating in Montana Harvest of the Month [(mtharvestofthemonth.org).](http://mtharvestofthemonth.org/) Each month, our afterschool program along with other participating schools, afterschool programs, early care and education sites, and healthcare facilitates throughout Montana will showcase one locally or Montana grown or raised food by a) serving it in a meal or snack, b) offering taste tests to students, and c) doing educational activities. The two primary goals for this program are to expose students to new, healthy foods and to support Montana’s farmers and ranchers.

Watch the menu and information sent home with students for more information about the Harvest of the Month foods being featured. We encourage you to ask your child about Harvest of the Month foods and prepare these foods at home during the month that they are promoted. Research has shown that children can try a food up to twenty times before they “like” that food, which means that providing as many opportunities to try new foods is crucial to building healthy eating habits and adventurous eaters. This school year, we will feature the following foods:

* August - Cherries
* September - Herbs
* October - Brassicas
* November - Apples
* December - Lentils
* January - Dairy
* February - Beets
* March - Grains
* April - Chickpeas
* May - Beef + Bison
* June - Leafy Greens
* July - Carrots

We welcome your help during taste tests and educational activities. Please inquire with the program coordinator about these and other opportunities to dig in. We hope you join us in this opportunity to promote healthy eating and strong economies.

*Updated November 9, 2022*