

July

Each announcement begins with, "Here's your Daily Scoop of good nutrition news!"

Each announcement ends with, "Remember, healthy choices are KEY for success!"



Colorful fruits & vegetables are packed with nutrients. Nutrients are things like vitamins, minerals and protein. Nutrients are important for a strong body - so you can jump higher, run faster and play longer and stronger.



Colorful fruits & vegetables have special nutrients that boost brain power - to help you do your best in school. That's why it's important to eat at least five servings of fruits & vegetables a day. At least! Five servings is good. More than five is great!



It's watermelon season, meaning now - during the summer season - watermelon is the most delicious and nutritious, packed with vitamins and minerals for a strong and long life.



Every season there are new and delicious plants to harvest. Two popular harvests of the summer season are juicy red watermelons and tangy red tomatoes. Their beautiful red color lets you know that they're rich in nutrients, to nourish your body and brain.



Melons, such as watermelons, are a warm-weather annual plant sensitive to cold temperatures. In fact, seeded melons begin to sprout best under hotter temperatures, up to 95 degrees, and can tolerate temperatures in excess of 100 degrees.



Let's get the week off to a healthy start. You are in charge of your body, so take charge with champion food choices. Champion choices are natural, real food grown by farmers: fruits, vegetables, whole grains, nuts and beans.



Did you know... the watermelon is the most common melon consumed in America, followed by the cantaloupe and honeydew. Is watermelon going to be one of your five servings of fruits and vegetables today?