September 2026

September is...

National Mushroom Month
National Papaya Month
National Potato Month



Fun Ways to Eat More Fruits & Veggies!

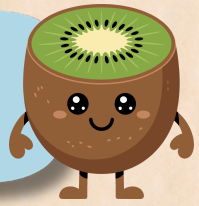
- Make a rainbow out of fruits and veggies on your plate
- Create a colorful fruit salad with bananas, berries, and apples
- Drink a smoothie with your favorite fruits and some yogurt
- Try crunchy vegetable sticks with hummus or peanut butter.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 White Grapes Yellow Squash Coins			1 	2	3 	4	5
Week 2 Watermelon Chunks Green Beans	6	7 LABOR DAY	8	9 	10	11 	12
Week 3 Honeydew Chunks Cauliflower Florets	13	14	15 	16	17 	18	19
Week 4 Cantaloupe & Blueberry Green Pepper Strips	20	21 	22	23	24	25 	26
	27	28	29	30			

What Am I?

I'm brown on the outside and hairy, it's true!
But slice me open, and I'm green with seeds too!



How do you like to eat watermelon?

 or 

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October 2026

OCTOBER IS...

National Apple Month

What is your favorite way to eat an apple?



HEALTHY HALLOWEEN TREATS

Monsters, ghosts, and goblins, oh my! Swap the candy for a healthy treat this Halloween by turning your favorite fruits and veggies into spooktacular snacks!





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 →				1	2	3
Week 2 →	4	5	6 	7	8 	9	10
Week 3 →	11	12 	13	14 	15 	16	17
Week 4 →	18	19 	20	21	22 	23	24
	25	26	27	28	29	30	31 HAPPY HALLOWEEN

Week 1: Pineapple Chunks, Zucchini Coins

Week 2: Red Grapes, Candy Cane Beet Coins

Week 3: Ruby Frost Apple Slices, Celery Sticks

Week 4: Papaya Cubes, Orange Pepper Strips

Did you know?

Bell peppers are packed with nutrients and add flavor and crunch to our meals.

The taste and health benefits vary by color.

They contain high amounts of vitamin C and are good sources of fiber and vitamin A.



FreshEdge PREPARED SOLUTIONS

November 2026

November is ...

National Pomegranate Month
National Pepper Month




Did You Know?

One sweet potato gives you 100% of your daaily Vitamin A, helping your eyes shine bright and skin glow!



Gobble 'til you Wobble!

Keep your Thanksgiving table fun and nutritious with kid-approved creations! How many different fruits & veggies can you gobble up over Thanksgiving break?



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Black Grapes Sweet Potato Sticks 1	2	3 	4	5 	6	7
Week 2 Kiwi Slices Kohlrabi Sticks 8	9 	10	11  VETERANS DAY	12 	13	14
Week 3 Grapefruit Wedges Butternut Squash Cubes 15	16	17 	18	19	20 	21
Week 4 BREAK 22	23	24	25	26 	27	28
29	30					



What Am I?

I'm long and orange, and I'm crunchy to bite. I help your eyes see better, especially at night!

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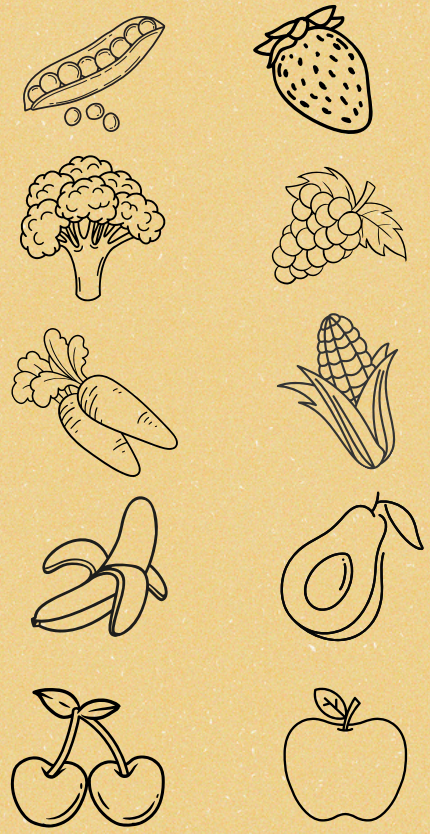
DECEMBER IS....
NATIONAL PEAR MONTH



December 2026

Vegetable or Fruit?

Color the vegetables green and the fruits red



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Kumquats, Gold Beet Coins		1	2	3	4	5
Week 2 Orange Wedges, Daikon Radish Slices	7	8	9	10	11	12
Week 3 Sweet Apple/ Grape, Cucumber Slices	14	15	16	17	18	19
Week 4 Winter Break	21	22	23	24	25 Merry Christmas	26
27	28	29	30	31		

CREATE A CHRISTMAS TREE OUT OF FRUITS & VEGGIES



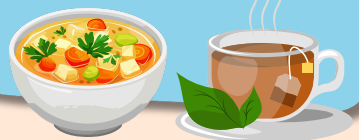
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January 2027

JANUARY IS ...

National Soup Month

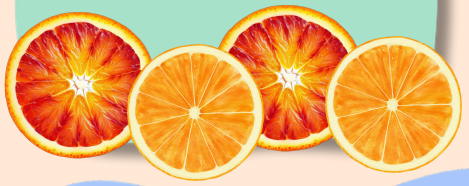
National Hot Tea Month



CITRUS SEASON!

Bright oranges, juicy clementines, and tangy grapefruits are at their freshest and bursting with flavor in winter!

Packed with vitamin C and sunshine-filled taste, they're the perfect way to add a fresh, healthy boost to chilly January days.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Winter Break						1 HAPPY NEW YEAR	2
Week 2 Mixed Fruit Turnip Coins	3	4	5	6	7	8	9
Week 3 Cara Cara Orange Wedges Broccoli Florets	10	11	12	13	14	15	16
Week 4 Granny Smith Apple Slices Sugar Snap Peas	17	18 MLK DAY	19	20	21	22	23
	24 / 31	25	26	27	28	29	30

FRUITS & VEGGIES MAKE US STRONG!



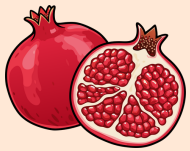
- They give us the energy to play, run, and learn.
- Bananas have potassium, which helps our muscles work properly.
- Oranges and lemons have vitamin C, which helps fight off sickness.

LUCKY FOODS FOR THE NEW YEAR

Legend has it that these fruits & veggies will bring you good luck if eaten on New Year's Day.



Grapes



Pomegranates



Cabbage



Root Vegetables



Black Eyed Peas

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February 2027

FEBRUARY IS...

National Cherry Month
National Grapefruit Month
National Sweet Potato Month



HEALTHY VALENTINE'S DAY TREATS

Swap the candy hearts for heart-shaped fruit kabobs, chocolate-dipped strawberries, or veggies with hummus!



Week	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Cantaloupe/ Honeydew Cubed Red Pepper Strips		1	2 	3 	4	5	6
Week 2 Blood Orange Wedges Jicama Sticks	7	8 	9	10	11 	12	13
Week 3 Strawberries Topped Tomato/English Cucumber	14	15 	16	17 	18 	19 	20
Week 4 Pear Spears Baby Carrot/ Broccoli Mix	21	22	23 	24	25 	26	27
	28						

HEART HEALTHY FRUITS & VEGGIES

 Leafy Greens
 Tomatoes
 Berries
 Avocadoes
 Beets
 Citrus
 Bananas
 Broccoli

WHAT AM I?

I'm spiky on the outside, but sweet and yellow inside.
I grow in tropical places, and I wear a leafy crown!



FreshEdge PREPARED SOLUTIONS

March 2027

MARCH IS...

National Celery Month
National Nutrition Month
Veggie Month



STARS OF SPRING

March marks the delicious transition from winter to spring! Spring fruits & veggies are packed with fresh flavor, crisp textures, and bright colors. Some of the "Spring Stars" include radishes, pineapple, and artichokes.



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

Week 1
Mango Slices
Parsnip Coins

Week 2
Tropical Blend
Snow Peas

Week 3
Apple Slices/ Grapes
Rainbow Cauliflower

Week 4
Kiwi Slices
Baby Carrot/ Radish Slices

WHAT AM I?

I'm round & layered,
and I make you cry.
I add flavor when cooked,
and I grow underground.

GET CREATIVE:

use sliced fruits and vegetables to make fun shapes or patterns on a plate, turning mealtime into a springtime masterpiece!



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PREPARED SOLUTIONS

April 2027

April is...

National Garlic Month
Brussels Sprouts & Cabbage Month



Get Growing!

April is finally here meaning your garden soil is finally warming up!



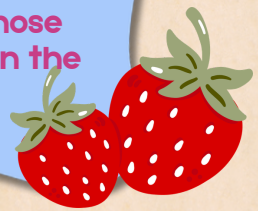
April is the best time to plant most of your vegetable seeds after your last frost.



	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Watermelon Cubes Rainbow Baby Carrots					1 	2 	3
Week 2 Pineapple Spears Medley Tomatoes	4	5	6 	7 	8	9	10
Week 3 Strawberry/ Blueberry Mix Asparagus Tips	11	12	13	14 	15 	16	17
Week 4 Orange Wedges Sweet Peppers	18	19 	20	21 	22	23	24
	25	26	27	28	29	30	

Did you know?

A Strawberry is the only fruit whose seeds grow on the outside.



Missing Letters

Write the missing letter in the blank to complete the fruit or vegetable name.



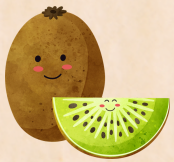
W_TERMELON



_ANANA



D_AGONFRUIT



_IWI

FreshEdge PREPARED SOLUTIONS

May 2027

MAY IS...

National Salad Month
National Asparagus Month
National Strawberry Month

EAT YOUR WATER

Beat the heat this summer with with these healthy foods that naturally hydrate your body:

- **Cucumbers** — *high water content*
- **Watermelon** — *Hydration support*
- **Strawberries** — *Antioxidant hydration*
- **Canataloupe** — Vitamin A + water
- **Peaches** — Juicy hydration
- **Oranges** — Vitamin C hydration

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Week 1 Red/Green Apple Slices Romanesco							1
Week 2 Gooseberries Broccoli/ Cauliflower Florets	2	3	4	5	6	7	8
Week 3 Tropical Blend Cucumber Slices	9	10	11	12	13	14	15
Week 4 Mixed Melon Cubes Carrot/ Celery Bites	16	17	18	19	20	21 Eat More Fruit and Vegetables Day!	22
	23 / 30	24 / 31	25	26	27	28	29

DiD YOU KNOW?

White strawberries, also called pineberries, are naturally white or pale pink with red seeds. They are not unripe red strawberries. They just lack the ripening proteun that turns strawberries red.





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