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!

FreshEdge PREPARED SOLUTIONS