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

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