

October's Harvest of the Month Item is Apples!

- **Classroom Materials (Nutrition Education):**
 - Cafeteria to Classroom (Attached Flyer)
 - [All About Apples](#)
- **Family Materials:**
 - [Introduction and Food Safety Foundation](#)
 - [Knife Safety](#)
 - [Kitchen Equipment](#)
 - [Apple Facts](#) * Especially good to post on social media for families!
 - [Apple Sandwich Recipe](#)