

October 2024 Good Morning Announcements

The Good Morning Announcements are provided by the Nutrition Educators of Pick a Better Snack.

Monday 9/30	Tuesday 10/1	Wednesday 10/2	Thursday 10/3	Friday 10/4
	<p>October is national apple month!</p> <p>Pick a better snack is focusing on apples and pears this month. Did you know apples and pears grow in Iowa?</p>	<p>Today is national pumpkin seed day!</p> <p>Did you know that each pumpkin has about 500 seeds? Have you ever tried a pumpkin seed?</p>	<p>When is an apple not an apple?</p> <p>When it's a pineapple!</p>	<p>Did you know cucumbers are 95% water?</p> <p>Cucumbers have a lot of water but are also a great source of fiber and vitamins. They help keep us healthy in many ways!</p>
Monday 10/7	Tuesday 10/8	Wednesday 10/9	Thursday 10/10	Friday 10/11
<p>Are you tired on a Monday morning? Eating an apple gives you vitamin C, fiber, and a boost of energy!</p>	<p>What are twins favorite fruit?</p> <p>Pears!</p>	NO SCHOOL	NO SCHOOL	NO SCHOOL
Monday 10/14	Tuesday 10/15	Wednesday 10/16	Thursday 10/17	Friday 10/18
<p>How do you fix a cracked pumpkin?</p> <p>With a pumpkin patch!</p>	<p>Did you know?</p> <p>Carrots were originally purple and yellow, not orange!</p>	<p>Pears are a fruit that are rich in fiber which helps keep our stomachs healthy. Have you ever tried a pear?</p>	<p>What do you call two apples next to each other?</p> <p>A pear!</p>	<p>Did you know?</p> <p>You can eat every part of a pumpkin – including the skin, leaves, and stem!</p>
Monday 10/21	Tuesday 10/22	Wednesday 10/23	Thursday 10/24	Friday 10/25
<p>October 21st is national apple day!</p> <p>Celebrate today by getting apple slices with lunch!</p>	<p>October 22nd is national nut day!</p> <p>Did you know a pistachio is actually a fruit?</p>	<p>Pumpkins are a good source of vitamin A. Vitamin A keeps us our eyes and bodies healthy!</p>	<p>Did you know?</p> <p>Iowa is the birthplace of the Red Delicious apple variety!</p>	<p>Green vegetables have lots of vitamins that make our body strong and stop us from getting sick.</p> <p>Ask a friend what their favorite green vegetable is and share yours!</p>
Monday 10/28	Tuesday 10/29	Wednesday 10/30	Thursday 10/31	
<p>Have you ever tried apple nachos?</p> <p>Try slicing up an apple and adding melted peanut butter on top for a healthy snack!</p>	<p>Potatoes have more potassium than bananas!</p> <p>Potassium helps keep our heart healthy. What is your favorite way to eat potatoes?</p>	<p>Did you know?</p> <p>Cranberries can bounce because they have small air pockets!</p>	<p>Why was the broom late for school?</p> <p>Because it over-swept!</p>	

