

School Health Promotion Morning Announcements

APRIL: Spring into Fresh Fruits & Veggies!



Short (#2):

[Start speaking here.]

Did you know that you should fill half of your plate with fruits and vegetables? And now that it is spring, you can get locally grown fruits and vegetables that are picked just a day or two ago. They taste better because they are so fresh! Food that is trucked across the country is picked before it is ripe, so they aren't as fresh. Try visiting a farmers market with your family (there are 11 in Fairfax County) – you might even get to talk to a real farmer about how he or she grew the food you are about to eat!

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