

Nutrition Health Tidbits 2-year topic cycle

<u>YEAR 1</u>		<u>YEAR 2</u>	
January:	Broccoli / Food safety during power outages	January:	Rutabaga / Food safety during power outages
February:	Oranges / healthy winter eating	February:	Pears / slow cooker safety
March:	Brussels sprouts / nutrition: raw vs cooked	March:	Green Peas / healthy serving sizes
April:	Carrots / hand washing	April:	Bananas / thawing food safely
May:	Asparagus / washing produce	May:	Cabbage / fruit fly deterrent
June:	Avocado / summer food safety	June:	Bell peppers / summer food safety
July:	Berries / grilling food safely	July:	Peaches/nectarines / grilling food safely
August:	Zucchini / cross contamination	August:	Tomatoes / hand washing
September:	Beets / produce storage	September:	Apples / washing produce
October:	Eggs / egg safety	October:	Pumpkin / cross contamination
November:	Sweet Potatoes / norovirus	November:	Onions / norovirus
December:	Nuts & seeds / storing leftovers	December:	Potatoes / storing leftovers