

A photograph of children in a classroom setting. In the foreground, a young boy with dark hair, wearing a brown and orange striped shirt, is smiling and looking towards a young girl. The girl, with dark hair and a red headband, is also smiling and looking at the boy. They are sitting at a wooden table covered with fresh vegetables, including carrots, radishes, and leafy greens. In the background, another child is visible, and there are baskets and bowls of produce on the table. The overall atmosphere is bright and educational.

# Grow healthy habits with your children.

In both the class garden and at your table, your child can learn about fruits and vegetables.

This month, give them chances to try swiss chard, carrots and spinach.