



# Foods of the Month

Park and recreation agencies across the country are creating healthier communities by implementing the Healthy Eating, Physical Activity (HEPA) standards through NRPA's Commit to Health campaign. Join the movement and encourage your community to eat healthy and get moving with NRPA's nutrition literacy curriculum, Commit to Health: Foods of the Month. The curriculum contains monthly lesson plans, posters, coloring and activity pages, experiential activities and fun ways to get active! Start using these free and downloadable resources today!

January		February		March		April	
<p><b>Cruciferous Vegetables</b> [kroo-sif-er-uhs]</p> 	<p><b>Legumes</b> [leg-yoom, li-gyoom]</p> 	<p><b>Oils and Good Fats</b></p> 	<p><b>Water</b></p> 	<p><b>Stems</b></p> 	<p><b>Fish &amp; Other Seafood</b></p> 	<p><b>Fresh Herbs &amp; Spices</b></p> 	<p><b>Salad Greens</b></p> 
May		June		July		August	
<p><b>Eggs</b></p> 	<p><b>Fresh Beans</b></p> 	<p><b>Berries</b></p> 	<p><b>Peppers</b></p> 	<p><b>Tropical Fruits</b></p> 	<p><b>Melons</b></p> 	<p><b>Stone Fruits</b></p> 	<p><b>Summer Squash</b></p> 
September		October		November		December	
<p><b>Whole Grains</b></p> 	<p><b>Tomatoes</b></p> 	<p><b>Apples &amp; Pears</b></p> 	<p><b>Winter Squash</b></p> 	<p><b>Lean Meats</b></p> 	<p><b>Root Vegetables</b></p> 	<p><b>Reduced Fat Dairy</b></p> 	<p><b>Nuts</b></p> 