

Wellness Wednesday

PERSIMMONS

Did you know that MPS free meal boxes now include a Fresh Fruit & Vegetable Program (FFVP) bag with a special fruit or vegetable for the week? The goals of FFVP are to introduce students to a variety of fruits and vegetables and encourage healthy eating habits. **This week, let's taste and learn about persimmons!**



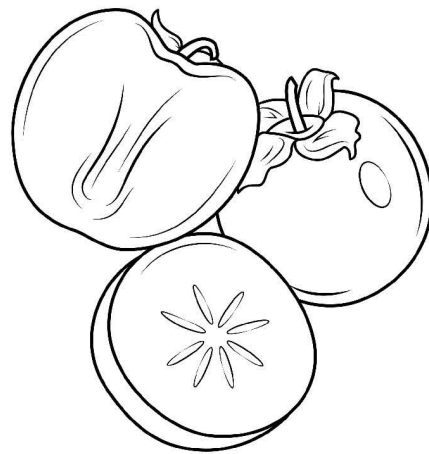
LEARN ABOUT PERSIMMONS

Farm to School is all about eating fresh, local food that grows in your region. In Minnesota, we enjoy hearty Farm to School items that grow well in our cooler climate – like apples, squash, root vegetables and more. But Farm to School can look different in different states! Watch this video for a glimpse of what Farm to School looks like in California. Visit Ron Sahu's farm to learn more about how farmers like Ron Sahu grow persimmons for schools near them.

[Click here to watch the video](#)

Fun fact: Did you know that 99% of persimmons in the United States come from California?

COLOR IN THE PERSIMMONS



SHARE ABOUT PERSIMMONS

Write about one thing you learned from Farmer Ron about persimmons.

For more FFVP information and resources: cws.mpls.k12.mn.us/ffvp

For more information about MPS free meal boxes: cws.mpls.k12.mn.us/2020-21_school_year