

**October2020 FF&VP**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>Pineapple</b> <i>Fun Fact:</i> Pineapples travel to Iowa from tropical places by plane, trains or automobiles *Great Vitamin C! 1	<b>Cucumbers</b> <i>Fun Fact:</i> Cucumbers are 96% water. *Contain most of the vitamins that you need every day. 2
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Resource: <https://idph.iowa.gov/inn/pick-a-better-snack/fact-sheets>