

December 2020 FF&VP

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	No Service	No Service	7g CHO Mixed Fruit It's a surprise!	4g CHO Snow Peas Fun Fact: Snow peas taste sweet and crisp. They are called snow peas because they can grow in colder weather. *Good source of vitamin C!
7	8	9	10	11
7g CHO Mixed Fruit It's a surprise!	4g CHO Snow Peas Fun Fact: Snow peas taste sweet and crisp. They are called snow peas because they can grow in colder weather. *good source of vitamin C!	No Service	10g CHO Black Grapes Fun fact: Grapes are berries! There are many colors of grapes such as green, red, and black. *Good source of vitamin C!	2g CHO Colored Cauliflower Fun fact: Colored cauliflower is high in antioxidants. Raw cauliflower is crunchy and has a mild flavor. *Good source of vitamin K!
14	15	16	17	18
10g CHO Black Grapes Fun fact: Grapes are berries! There are many colors of grapes such as green, red, and black. *Good source of vitamin C!	2g CHO Colored Cauliflower Fun fact: Colored cauliflower is high in antioxidants. Raw cauliflower is crunchy and has a mild flavor. *Good source of vitamin K!	No Service	8g CHO Pineapple Chunks Fun fact: Pineapples were first called "pina" because they looked like a pine cone. Pineapples are sweet and juicy. *Good source of vitamin C!	4g CHO Cantaloupe Fun fact: Cantaloupes is the most popular type of melon in the U.S. This melon is sweet and juicy. *Good source of vitamin A!
21	22	23	24	25
No Service	No Service	No Service	No Service	No Service

28 No Service	29 No Service	30 No Service	31 No Service	
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Resource: <https://idph.iowa.gov/inn/pick-a-better-snack/fact-sheets>