

[The Daily Scoop, October issue \(click here\)](#)

good nutrition news delivered daily!

In this issue, students learn about different ways to eat a delicious, nutrient rich pumpkin, plus [Walk to School Day \(Oct. 10th\)](#). And with Halloween around the corner, they'll learn that fall apples can serve as "nature's toothbrush."

Adding these fun and kid-friendly nutrition "bites" to your daily school wide announcements and/or classroom opening routine elevates nutrition education to a daily practice, without adding more than 30 seconds to your busy routine!

[October Daily Scoop features,](#)

Harvests of the Month:

Pumpkin (phytonutrients) & Pear (fiber)

- alternates available**

Cool Bean of the Month w/ cultural connection:

Navy Bean, America's bean!

FALL Environmental Connection:

Eating in Season

Health Campaign:

Walk to School Day

Take Home Recipe:

Pumpkin Curry Soup

(recipe re-formatted for print/cut ease)

Also included, a beautiful poster (.pdf) with plant positive messaging and featuring colorful foods, cool beans, and cool kids!

[\(set of 9 - 11 x 17, available to order\)](#)

And on the LGK website,

[Cool Bean Wrap Recipes](#)

- easy and fun class food prep, and a great way to teach math/measuring, while giving kids pride in preparing/trying healthy new foods.

For your convenience, access any monthly issue at any time at the [LGK website](#).

Cool Beans!

