

KIT OVERVIEW

Fruit & Vegetable of the Month

Feature a month fruit and vegetable with this versatile and customizable bulletin board kit.

This super bulletin board kit comes with a combination of printed and laminated bulletin board pieces including title pieces, header cards, and featured fruits and vegetables, as well as a companion CD or flash drive with over 500 different pieces you can print yourself, including:

- Customizable menu templates for each month
- Tasty and easy fruit and vegetable recipes from Chef Marshall O'Brien
- Trivia cards with interesting fruit and veggie facts
- Information sheets with nutrition tips, historical facts, and more

Information is presented at two different audience levels (Ages 6-12 and Teens or Adults) for versatility to span a wide range of use. Sample layout shown above fits a 3' x 4' bulletin board (not included).

PRINTED PIECES:

- 2- 5½" x 34" Title Headers – includes 2 different styles
- 30- 8" x 8" Fruit and Veggie Cards: 15 Fruits and 15 Vegetables
- 12- 14" x 11" Month Headers
- 4- 4" x 7" Mini Headers: Meet the Staff, Menu, Events, and Survey Says
- 2- 2" x 4" Recipe Headers: Fruit Recipe and Veggie Recipe

KIT OVERVIEW: Fruit & Vegetable of the Month

This kit includes thirty common, budget-friendly fruits and vegetables, including:

FRUITS

- Apple
- Banana
- Blueberries
- Cantaloupe
- Cranberries
- Grapes
- Honeydew Melon
- Kiwi
- Mango
- Oranges and Grapefruit
- Peach
- Pear
- Pineapple
- Strawberries
- Watermelon

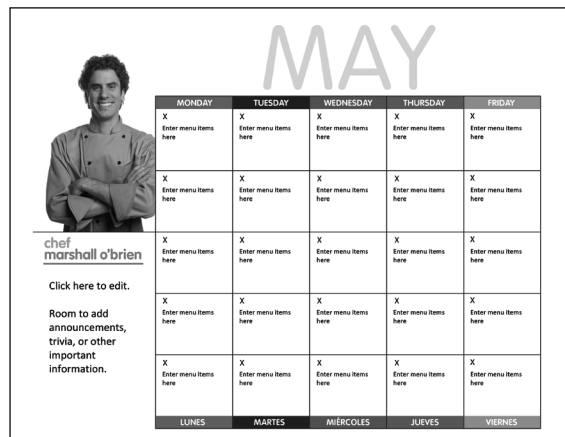
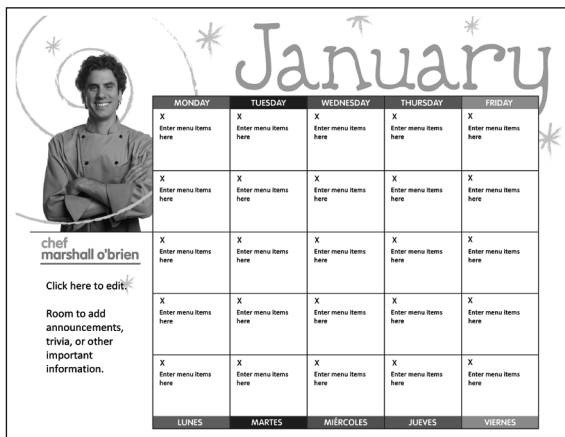
VEGETABLES

- Broccoli
- Carrots
- Cucumber
- Dried Beans
- Green Beans
- Kale and Collards
- Potato
- Spinach
- Squash
- Sugar Snap Peas
- Sweet Corn
- Sweet Pepper
- Sweet Potato
- Tomato
- Zucchini

ON THE CD or flash drive:

» Customizable Menu Templates

Easy to edit and customize with your own menu choices, these menu template files match the design of the bulletin board and are simple to make your own. Use with Microsoft Word® to fill in the text boxes with calendar dates and daily menu choices.

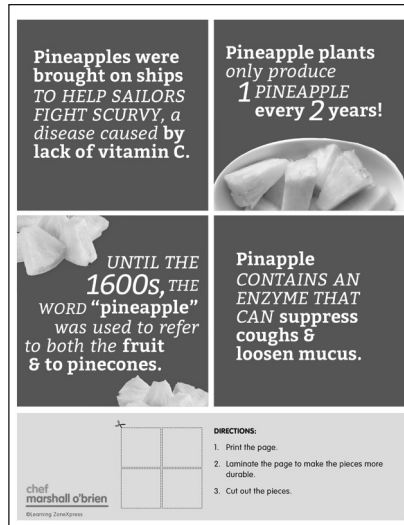
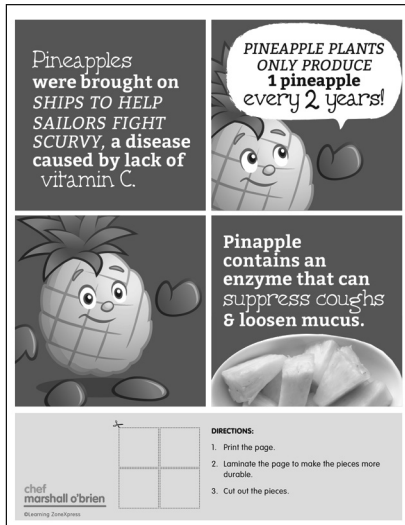


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ON THE CD (CONTINUED):

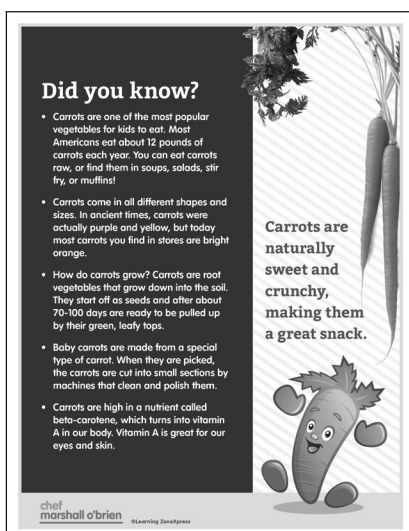
» Trivia Cards

The 4" x 4" square trivia cards are a fun way to highlight interesting facts about the featured fruits and vegetables included in the kit. Print, laminate, and cut out these pieces to add to the overall design of your bulletin board kit layout. Two different design styles are included and can easily be mixed and matched to create a unique look.



» Fruit & Vegetable Information Sheets

The Fruit & Vegetable Information Sheets make a great addition to your bulletin board layout. These printable sheets highlight interesting historical facts, nutrition information, and general trivia relating to the fruit or vegetable. They also serve as great information sheets to print on the backside of the monthly menu templates. Two different design styles and content levels are included for each fruit and vegetable in the kit. Sheets featuring Garden Heroes® characters have simplified content for children and low-literacy populations.

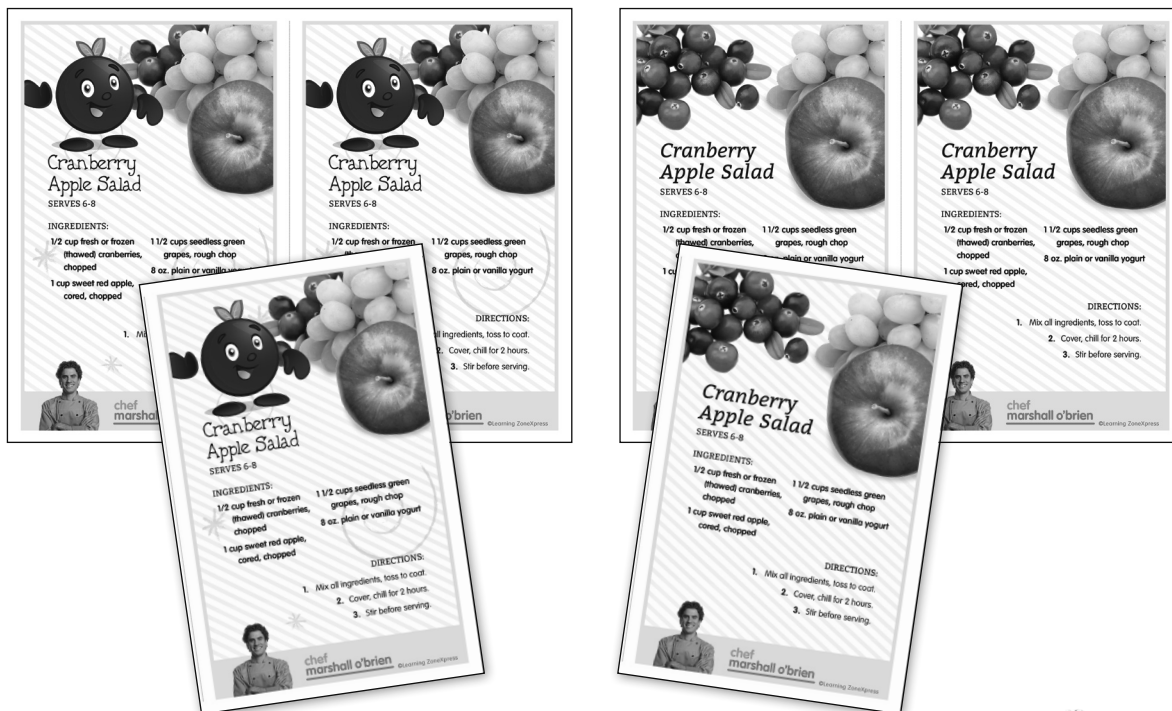


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ON THE CD (CONTINUED):

» Recipes

30+ fun, tasty, and easy to prepare fruit and vegetable recipes are included on the CD or flash drive. These recipes were developed by Chef Marshall O'Brien and incorporate one or more of the featured fruits and vegetables. Display these recipes under the Fruit Recipe and Veggie Recipe headers on the bulletin board. Print and cut extra copies to give away to increase opportunities to taste and eat more fruits and vegetables.



ABOUT CHEF MARSHALL

Marshall O'Brien is the founder and CEO of the Chef Marshall O'Brien Group. An experienced chef and facilitator, Chef Marshall has unbridled passion for educating families, kids, and adults about the importance of cooking and eating healthy foods. He is an advocate and voice to help parents and communities understand the role a healthy school lunch plays in students' lives.

