

SCHOOL BULLETIN

The FruitGuys Farm-to-School Program

May 2025

MAY CALENDAR



May is National Bike Month, Mental Health Awareness Month, National Physical Fitness and Sports Month, Asian American and Pacific Islander Heritage Month, Jewish American Heritage Month

- 1 School Principals' Day
- 2 School Lunch Hero Day
- 4 National Lemonade Day
- 5 Cinco de Mayo
- 6 Teacher Appreciation Day
- 7 National Bike & Roll to School Day
- 11 Mother's Day
- 20 World Bee Day
- 21 National Strawberries and Cream Day
- 26 Memorial Day, National Paper Airplane Day

HEROES IN HAIRNETS

Not all heroes wear capes—in fact, some wear hairnets and gloves! On **School Lunch Hero Day** (Friday, May 2), remember to offer an extra thank-you, fist bump, or high-five to the nutrition services and cafeteria staff who make your healthy school meals possible.



APRICOT FEAST

May and June are peak apricot season in California, so if you haven't gotten your hands on one of these juicy gems yet, now's the time!

There are hundreds of different apricot varieties to choose from, but they tend to be small and come in warm colors like yellow and orange. They hail from the genus *Prunus* along with their stone fruit sisters (plum, peach, and cherry) and their cousin, almond.



Like all stone fruits, apricots have smooth and juicy flesh and a hard pits in their centers. They're a good source of vitamins A and C, and taste delicious on their own as a snack, sliced over salad, or even dried!

For an early-summer treat (adapted from *Spain on a Fork*), slice them in half; remove their pits; sprinkle them with slivered almonds, honey, and cinnamon; and bake them at 410° F for about 15 minutes, until they're warm and gooey.

Meet Your Apricot Farmer

The FruitGuys gets some of the season's first sweet apricots from Abundant Harvest Organics, a 132-year-old family farm in California's Central Valley.

Vernon Peterson and his son Erik run the farm and grow all kinds of stone fruit. Abundant Harvest is Regenerative Organic Certified and carbon negative—which means it's helping heal the planet!



CRAFT: GET BUZZY!

*Adapted from Creative Station and
Carolina Honeybees*

Honey Bee Headbands

Gather white headbands, black and yellow paint, black pompoms, and black and yellow pipe cleaners. Paint the headbands with black and yellow stripes.

While they dry, wrap the end of a black pipe cleaner around a pompom for each antenna. Twist yellow pipe cleaners around the black ones to create stripes. Attach your antennae to the headband—and buzz, you're a bee!



Bee Kind Painted Rocks

Gather rocks and paint. Then, paint a bee on one side of each rock. On the other side, add a fun bee fact or a cheerful message like "Bee Kind." Hide the rocks around your neighborhood to make strangers smile.

Not sure what to do for Mother's Day? Keep it simple: make your mom a card, give her a hug, and tell her something you love about her.



"Moms are like buttons;
they hold everything
together!"
—Unknown

SPORTS AS MEDICINE

May is **National Physical Fitness and Sports Month** and **Mental Health Awareness Month**—which makes sense because the two things go together like peanut butter and jelly.



A recent scientific literature review of more than 8,500 articles found that playing team sports (like soccer, basketball, volleyball, and more) can give you all kinds of health benefits. Here are a few of them:

- Higher self-esteem
- Higher life satisfaction
- Lower levels of stress, anxiety, and depression
- Better communication skills
- Better self-control

Team sports are top of the heap, but individual sports (like running) are also great for your mind and body. To squeeze more fitness into your day, try biking or walking to school, dancing around the house, or starting a pick-up game in the park with your friends.

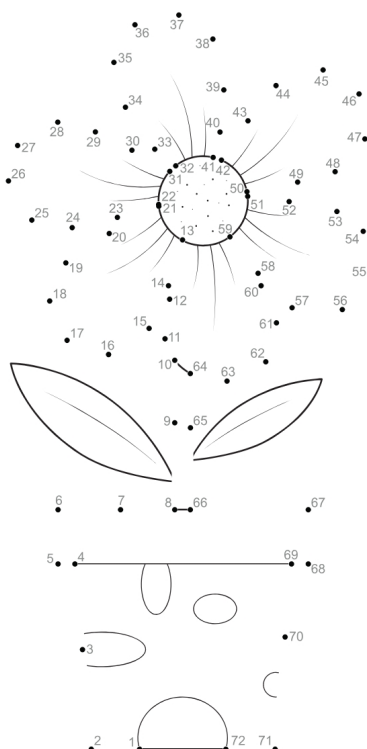
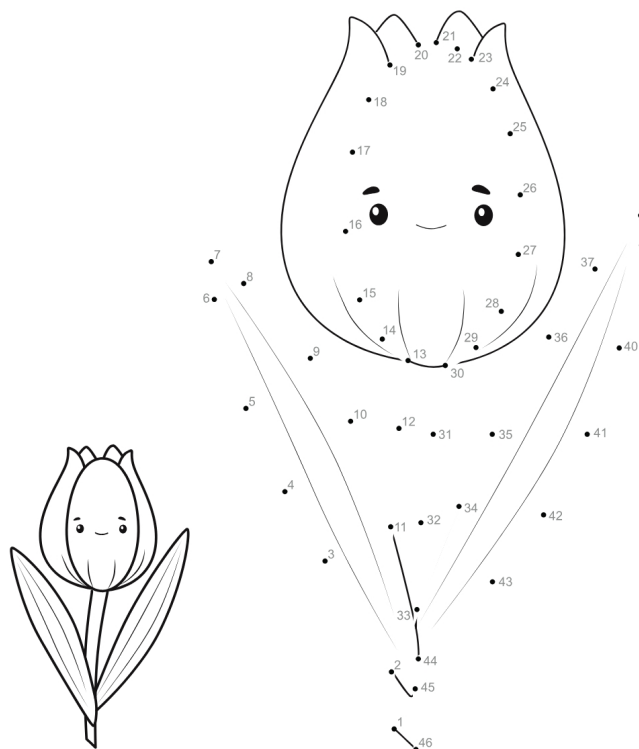
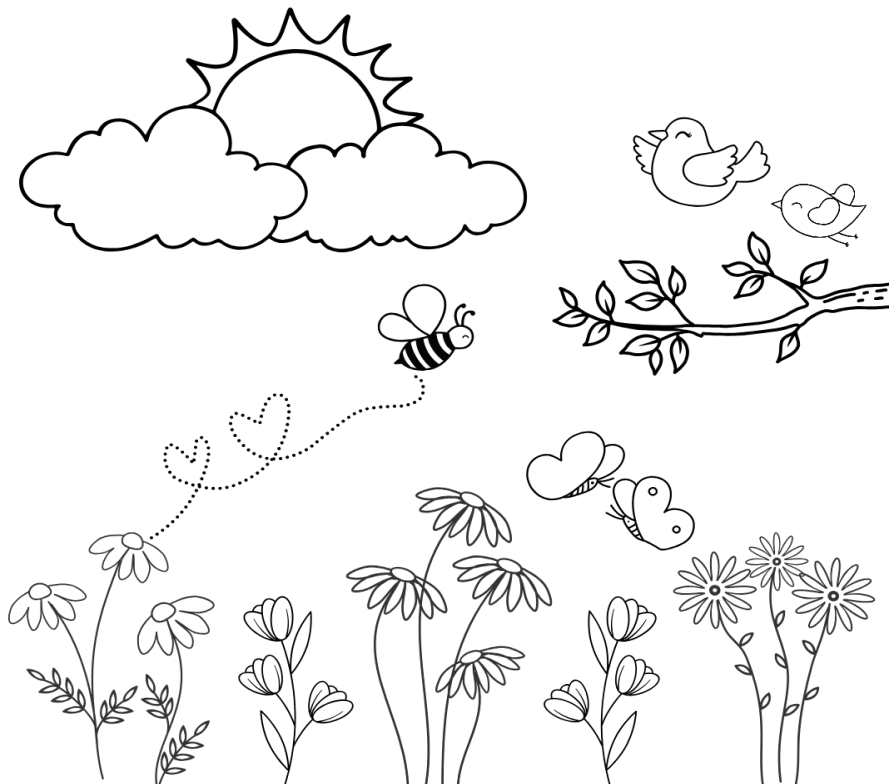


Fuel Up for Fitness

Ready to get sporty? To perform your best, follow the advice of the American Heart Association and fuel up two hours before your workout. It recommends drinking water and eating healthy carbohydrates, like fruits (apples, peaches, and berries are great choices), vegetables, whole grains, and low-fat or fat-free yogurt.



COLORING ACTIVITY



CONNECT THE DOTS