

## Allergy Alert

### Fresh Fruit and Vegetable Tastings-All Elementary Students

Broward County Public Schools provides monthly Fresh Fruit and Vegetable Tastings in all elementary schools. Students have enjoyed blackberries, blood oranges, broccolini, edamame, kiwifruit, lemons, limes, radishes and much more. Since all students (even those who bring lunch from home) will have the opportunity to taste interesting fruits and vegetables which are not usually served in the cafeteria, please notify your child's teacher regarding food allergies. For students with severe or potentially life threatening allergies please review and follow Health Education Services Guidelines:

<http://www.broward.k12.fl.us/studentssupport/healthedservices/html/allergyparents.htm> and notify your child's school.

Fruits and vegetables can be important catalysts for change in the effort to combat childhood obesity by helping children learn more healthful eating habits. Introducing school children to a variety of produce that they otherwise might not sample, teaches students about the wide variety of plant based foods. Broward County Public Schools receive a USDA Best Practice Award for this program in 2013.

