



## Illinois Harvest of the Month 101

### Program Overview

Illinois Harvest of the Month celebrates a different in-season, locally grown food item every month. Registered school districts and early care sites receive a seasonal calendar of suggestions for what to feature, then choose what works best for their meal program.

It's a free and flexible way to buy and serve more local food while teaching students about healthy eating, nutrition, and agriculture!

### How do I register?

Representatives from school districts and early care sites can register for the program by visiting [www.harvestillinois.org](http://www.harvestillinois.org). There is no cost to join. Annual registration opens in the spring and closes by November 1<sup>st</sup>.

### Program Requirements:

- Participate in at least one check-in phone call with the Illinois Farm to School Network's Program Manager
- Fill out two surveys over the year to share updates and feedback
- Display the Illinois Harvest of the Month signs and other materials in participating cafeterias.

Register now –  
it's free!

[www.harvestillinois.org](http://www.harvestillinois.org)

### Harvest of the Month Resources:

- Calendar with seasonal food options to choose from each month
- Harvest of the Month icons to use on menus, websites, social media, and more
- Fun & nutrition facts for over 20 foods
- 100+ recipes for foodservice, summer feeding programs, and early care meals
- Materials to share with families & local grocery stores or farmers markets
- Monthly emails with celebration tips
- One-on-one technical assistance

### Where do I find local food?

Never fear! The Illinois Farm to School Network is partnering with FarmLogix to ensure availability of local items through broadline and produce distributors. We also encourage sites to source from their own school or program gardens, or consider building direct relationships with local farmers.

Whichever path works for your program, all registrants are provided free resources and technical assistance to help make it easier.



# ILLINOIS HARVEST OF THE MONTH

## 2018-2019 Seasonal Calendar

### AUTUMN



Apples  
Pumpkins  
Potatoes  
Brussel Sprouts

Kale  
Cabbage  
Plums  
Hard Squash



### WINTER

Beets  
Dairy  
Honey  
Grains  
Carrots



### SPRING

Spinach  
Peas  
Radishes  
Rhubarb  
Asparagus



### SUMMER



Cucumbers  
Melons  
Sweet Corn  
Tomatoes

Berries  
Summer Squash  
Lettuce  
Bell Peppers



Register now!

[www.harvestillinois.org](http://www.harvestillinois.org)



Illinois Farm to School Network is a program of Seven Generations Ahead and a Core Partner of the National Farm to School Network.

Illinois Farm to School Network

Office: 708.660.9099

[www.illinoisfarmtoschool.org](http://www.illinoisfarmtoschool.org)

Find us on   

