

# OCTOBER 2022

Volume 2

**CELEBRATE APPLE  
CRUNCH DAY BY  
PICKING APPLES AND  
SUPPORTING LOCAL  
PRODUCE ON  
OCTOBER 14**

## PRAYER CORNER

Lord, we thank You for the coming of harvest, a time of celebration for the blessings of food and crops. may You keep us safe and warm as the days get colder. AMEN..

## WELLNESS CORNER

NDS is also excited to celebrate Healthy halloween celebrations by focusing on our special harvest of the month... **APPLES**

With fall being the perfect month to explore locally grown fruits, NDS encourages you to try apple picking at your nearby farm!

## DEAR PARENTS, CAREGIVERS, AND STUDENTS,

With National school lunch week around the corner, NDS is excited to celebrate the healthy and nutritious meals fueling students. we encourage students to celebrate by trying new nutritious foods and share their favorite lunch meals from the school year!



**TRY SOME HEALTHY  
HALLOWEEN TREATS  
LIKE TANGERINE  
PUMPKINS!**