

# Fresh Choice Hawaiian Harvest

A toolkit for school snack programs celebrating the bounty of Hawai'i's fresh fruits and vegetables



Produced by the Kōkua Hawai'i Foundation with funding provided by the Hawai'i Department of Agriculture Specialty Crop Block Grant Program.  
[www.kokuahawaiifoundation.org/HawaiianHarvest](http://www.kokuahawaiifoundation.org/HawaiianHarvest)

**Fresh Choice Hawaiian Harvest** celebrates the diverse, nutritious, and delicious bounty of produce grown in Hawai'i, encouraging children and their families to eat more locally grown fresh fruits and vegetables. The Fresh Choice Hawaiian Harvest Toolkit can be used as an educational resource by schools for all types of snack programs to introduce students to local produce items grown by Hawai'i's farmers.

## The Fresh Choice Hawaiian Harvest Toolkit Includes:

- **Educational Resource Sheets** profiling each featured locally grown crop. These include nutritional benefits, fun facts, growing information, keiki-friendly recipes, and more. The educational resource sheets can be read aloud in class by students or teachers, posted in classrooms for review by the students, or sent home to share with families.
- **Preparation Tip Sheets** with instructions on selecting, ordering, storing, preparing, and serving each featured crop. These sheets include seasonality information that can help snack coordinators determine the best time of year to order different fruits and vegetables.
- **Family Newsletters** to send home twice a year. Newsletters include recipes and activities to further encourage families to get to know and utilize locally grown fruits and vegetables.
- **Color Poster** with vibrant photos of each featured fruit and vegetable for placement in classrooms or cafeterias.
- **An Appendix** of other helpful resource guides for school snack programs.



## FEATURED CROPS:



Asparagus  
Avocado  
Cantaloupe & Honeydew  
Cucumber  
Dragon Fruit  
Green Beans  
Guava  
Kalo

Liliko'i - Passionfruit  
Lychee & Rambutan  
Mai'a - Banana  
Mango  
Orange  
Papaya  
Pineapple  
Spinach

Star Fruit  
Strawberry  
Tangerine  
Tomato  
'Uala - Sweet Potato  
Ulu - Breadfruit  
Watercress  
Watermelon



**Updates and downloads** are available at [www.kokuahawaiifoundation.org/hawaiianharvest](http://www.kokuahawaiifoundation.org/hawaiianharvest)

**How much local produce is being served in Hawai'i schools?** Contribute to our growing database and share feedback on the toolkit by filling out our survey at [kokuahawaiifoundation.org/hawaiianharvest](http://kokuahawaiifoundation.org/hawaiianharvest).

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