

# Three Rivers May Nutrition Newsletter



## Hello Fun and Sun!

As the school year comes to an end, Summer Academic and Summer Food Programs start.



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Three Rivers School District is offering a FREE summer meals program open to ALL children ages 1-18.

Start dates vary by location - please read carefully below:

### Harbeck Village

📍 2111 Harbeck Rd, Grants Pass

June 10 - August 16 (Closed June 19, July 4-5)

🕒 Monday - Friday

🕒 Lunch: 11:45am - 12:15pm (next day breakfast will be included in sack)

### Wildlife Images

📍 11845 Lower River Rd, Grants Pass

📅 June 17 - August 16 (Closed June 19, July 4-5)

🕒 Monday - Friday

🕒 Lunch: 11:30am - 12pm (next day breakfast will be included in sack)

### Fruitdale Elementary (meals must be consumed on-site)

📍 1560 Bill Baker Way, Grants Pass

📅 July 1 - August 16 (Closed July 4-5)

🕒 Monday - Friday

🕒 Cold Breakfast: 8:30am - 9:30am

🕒 Lunch: 10:30am - 11am

### Jubilee Park

📍 307 S Junction Ave, Cave Junction

📅 June 10 - August 16 (Closed June 19, July 4-5)

🕒 Monday - Friday

🕒 Lunch: 10:30am - 11am

Bring your kids and ensure they have healthy meals this summer. See you there! 😊🌟

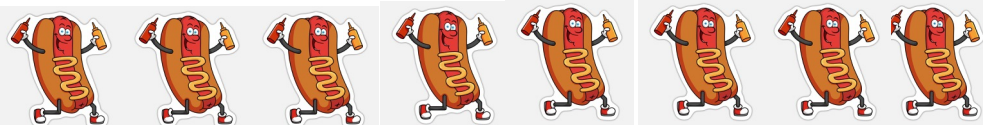
## This Month in Discovery Kitchen

Our Discovery Kitchen program continues and we're excited to share that our theme for May was **Summer Fun!** During May and June, we brought the excitement of outdoor picnics and cookouts to the cafeteria where we engaged students with fresh recipes, delicious demos, and fun and informative nutrition education. Students had the opportunity to enjoy summer-themed recipes that pull in a variety of flavors to enhance everyday meals. These include delicious picnic-style sides and grill-themed items. Our hope is that the Summer Fun recipes students experience in the cafeteria will be inspiration to have more *Summer Fun!* cooking at home with friends and family at cookouts, picnics and other celebrations.



The Fresh Fruit and Vegetable Program (FFVP) provides children with a variety of fresh fruits and vegetables.

May FFVP featured – Cherries, Nectarines and Red Grapes.



School year 23-24 - Pictures from all over the district.



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