



April Food of the Month

Bulletin Board Kit

How to Use

1. Use this resource to educate and encourage students to choose healthy options by posting on your cafeteria bulletin board, or you could even use sign holders on your serving line.
2. Print slides 3-11, and display in any order and layout of your choosing. Print in color for best appearance.
3. Get creative! Decorate your bulletin board with other decorative materials that are related to the month's Food of the Month.
4. Get social! Don't forget to share these messages and images with your community on your district's social media channels. Download the graphics in the kit.
5. Share a picture of your bulletin board with us!

Food of the Month

Herbs & Spices



**Herb Gardens
are easy to
maintain, and
can even be
grown indoors
on a window
sill.**




Herbs are
great
beginner
plants for
1st time
gardeners.



**Parsley and
Cilantro
look almost
identical,
but have
different
flavors.**

P.S. this is parsley!



Herbs come from the leaves of the plant.


Spices can come from the stem, seed, bark, root, flower or fruit of the plant.

**Rosemary
can grow
up to 6
feet tall!**



**Herbs and spices
are everywhere,
from cinnamon
rolls to pizza
sauce!**



A top-down view of a white ceramic bowl filled with a smooth, vibrant orange soup. The soup is garnished with a small pile of fresh, green basil leaves in the center. The bowl is set on a dark, textured wooden surface. To the right of the bowl, there is a white rectangular text box with black text. In the bottom right corner, there is a bunch of fresh basil leaves.

**Adding herbs
or spices
provide
flavor without
adding salt,
sugar, or fat.**