

Ensign and Morning Star
Fresh Fruits and Vegetables Program
October 2026

For the month of October, we will be including some very nutritious fruits and vegetables as a snack for all our students. They are brought to our schools freshly harvested from farms and orchards here in the US. As much as possible and while in season we will purchase from local farmers in Utah.

We will be enjoying a nice variety of grapes grown in California, garden carrots, freshly picked pears and freshly picked plums (while the season lasts), along with a variety of citrus fruit.

Fresh food in its natural state has lots of nutritional value and helps our students' feed their minds and bodies to do even better in school.

Carrots are good for your eyes, heart and immune system.

Plums are good because they are high in antioxidants and help lower inflammation.

Citrus fruits are high in vitamin C.

Grapes provide antioxidants and are good for your heart, along with high in potassium.

Pears are high in fiber and help support good digestion.