



September Nutrition Nugget-

Welcome Back! CCSC's Wellness Committee hopes that our families and community had a FANTASTIC Summer Break from the routine of the school year. We're back and looking forward to an exciting year!

Sleep or the lack thereof affects all aspects of everyone's life. Our kids are no exception. Check out this link for some simple tips on kids and sleep: [Kids and Sleep](#)

September has a long list of healthy, full-of-flavor and recipe-worthy fruits & vegetables to offer-a great time to try something new or enjoy a long-time favorite!

Just a sample of what's tasty for September-

Fruits: Apples, Blackberries, Blueberries, Figs, Nectarines, Peaches, Pears, Plums, Melons, Grapes, Persimmons

Veggies: Artichokes, Broccoli, Cauliflower, Carrots, Corn, Cabbage, French Beans, Mushrooms, Leeks, Garlic, Spinach, Sweet Corn

[What's in Season for September](#) Click on this link to see more and also some tasty recipes that will peak your interest!

The "bad" jokes are back-or should I say "rotten"? Hope they bring a smile even if they are corny! 🥰

- Q. What do you call a bean that's envious of another vegetable? A. A jelly bean!
- Q. Why did the klutzy and gossipy chef get fired? A. He couldn't stop spilling the beans!
- Q. What did the pizza say to the tomato? A. "Don't get saucy with me!"
- Q. Why was the DJ a hit at vegetable parties? A. She dropped good beets.
- Q. How did the farmer fix his jeans? A. With a cabbage patch!
- Q. Is a jalapeno hot? A. No, it's actually a little chile!
- Q. Why is it hard to get angry with a yam? A. Because they are such sweet potatoes.
- Q. If you have 5 cabbages in one hand & 6 cauliflowers in the other hand, what do you have? A. Big hands!
- Q. Why do fungi have to pay extra on the bus? A. They take up too mushroom!
- Q. What vegetable grows in basements? A. Cellar-y
- Q. Why couldn't the lettuce relax? A. Because she wasn't as cool as a cucumber.
- Q. How do you fix a broken tomato? A. With tomato paste.
- Q. What's small, red and whispers? A. A hoarse radish.

And the Knock, Knock joke you've been waiting all Summer for:

"Knock, Knock!"
"Who's there?"
"Lettuce"
"Lettuce, who?"
"Lettuce in and you'll find out!"

Find some more wholesome family friendly jokes, trivia, games, etc at this website! <https://easyfamilyfun.com/>

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