

Amity Regional District No.5 October Newsletter



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National School Lunch Week

Amity celebrated National School Lunch Week with School Spirit. Pictured are some of our Hockey & Football Team members serving samples of Fresh Local Apples, Apple Crisp & Homemade Guacamole.

October Food Focus Tree Fruits

TREE FRUITS



PEACH



PEAR



APPLE



APRICOT



CHERRIES



PLUM



ORANGE



NECTARINE



LEMON & LIME



YOUR DINING TEAM

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Chartwells' ongoing commitment is to provide our customers with the information needed to make healthy meal choices....

Tree fruit is any fruit that grows on a tree. There are different groups of tree fruits –two common groups are pome (apples and pears) and stone fruits like peaches. You've probably heard of oranges and pears, but pomegranates, figs, avocados, and star fruit are also tree fruits.