



INCREASE YOUR FRUIT AND VEGETABLE INTAKE WITH

THE BE WELL FRUIT AND VEGETABLE CHALLENGE

According to a 2019 survey of adults by the Centers for Disease Control and Prevention, only about 12% of adults got enough fruits and vegetables in their diet.

**The US Department of Agriculture's MyPlate program recommends making half your plate fruits and vegetables.*

Come Join the Be Well Fruit and Vegetable Challenge and Improve Your Fruit and Veggie Intake!

The Challenge runs 4 weeks from December 3 – December 30.

Participants will Receive:

- Weekly Newsletters giving you tips and encouragement to stay on track with your fruit and vegetable intake.
- Participants who use the [log](#) and log: 4 activities a week, try 4 new fruits or veggies (or varieties) and one new recipes over the course of the entire Challenge you will be entered into a drawing for one of the gift certificates for BIG Y or a produce care gift bag.

Click Here to [Sign Up](#) and get More Information!



Any questions please contact Be Well at be_well@ehhd.org or by calling 860.429.-3325