

# PRODUCE MAN WANTS YOUR SCHOOL TO TAKE THE Healthy Challenge 2017

*Student & Staff wellness challenge!*

**YOUR SCHOOL COULD WIN** one of several monetary prizes from **\$250-\$500!** *Plus, some great classroom, student & staff prizes! Also each student that successfully completes the Challenge earns a pass to "Lazer Kraze" Laser Tag & Trampoline Park!*

The Healthy Challenge is held in March for National Nutrition Month®. Schools choose ONE Challenge Week:

- Week 1: March 6-10 (plus weekend before or after)*
- Week 2: March 13-17 (plus weekend before or after)*
- Week 3: March 20-21 (plus weekend before or after)*

*The "Challenge" is to eat 5 servings of fruits and vegetables during the Challenge Week plus choose a 2nd goal of limiting sugary drinks or getting 30 minutes of physical activity daily; recording it on a Tracking Chart and turning it in to their teacher to be counted towards the schools' total.*

## WHY IS THE "HEALTHY CHALLENGE" TO EAT FRUITS AND VEGETABLES SO IMPORTANT?

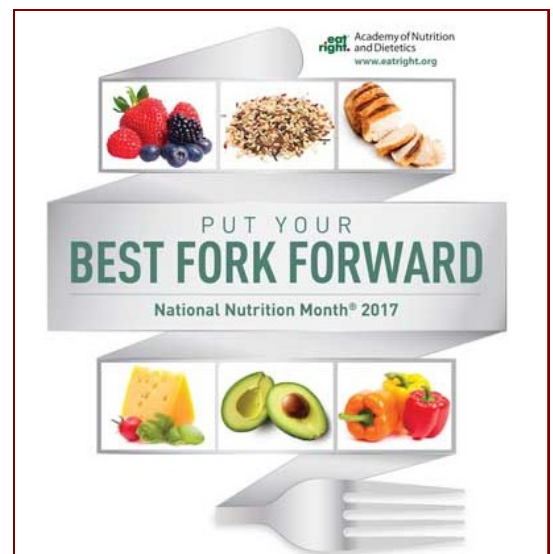
Most Americans are not meeting the Healthy People 2020 objectives or the Center for Disease Control's recommendations for fruit and vegetable consumption daily.

*"A diet high in fruits and vegetables is important for optimal child growth, maintaining a healthy weight, and prevention of chronic diseases such as diabetes, heart disease and some cancers, all of which currently contribute to health care costs in the United States."*

Source: <http://www.healthypeople.gov/2020> and State Indicator Report on Fruits and Vegetables 2009" Centers for Disease Control and Prevention.



*Schools may also choose to have a visit from Produce Man!*



HEALTHY NUMBERS FOR KENTUCKY FAMILIES



**NORTHERN KENTUCKY  
INDEPENDENT DISTRICT  
HEALTH DEPARTMENT**

[www.nkyhealth.org](http://www.nkyhealth.org)