



July Health Promotion Toolbox

Fruits and Vegetables Month

Activity Ideas

As a health promotion professional, we know you are always looking for new ways to provide compelling and relevant information to your target audience about eating fruits and vegetables. Information that is easy to understand and follow will give your audience the best chance of developing healthier lifestyle behaviors. Below are a few activity ideas that you, as a health promotion coordinator or health educator, can conduct throughout July to promote the importance of eating fruits and vegetables to Sailors, Marines, family members, retirees, and DoD civilian personnel, while partnering with command leadership.

Provide Materials with Information about Fruits and Vegetables

- **Develop an information rack of materials or set up a fruits and vegetables health display.**
 - Pack the rack with materials and resources from the [NMCPHC Fruits and Vegetables Health Promotion Toolbox](#) to include fact sheets, brochures, and handouts.
 - Collect and disseminate information from the [Centers for Disease Control and Prevention](#), [Navy Nutrition](#), [Operation Live Well](#), [the Human Performance Resource Center](#), [U.S. Department of Agriculture](#), and [Let's Move!](#).
 - Place the information rack in high traffic and high visibility areas such as building entrances, galleys, gyms, offices, and waiting areas.
- **Host an event where you promote eating the daily recommended amount of fruits and vegetables.**
 - Include command level support at your event.
 - Ask your medical or nutrition departments to participate by having a medical provider or registered dietitian there to answer questions.
 - Have your health promotion staff provide information on the importance of eating fruits and vegetables, local nutrition related programs, and available local sources to purchase or grow fruits and vegetables.
- **Hang posters in high traffic areas to increase awareness about the importance of consuming the daily recommended amount of fruits and vegetables.**
 - Check out the posters on the [NMCPHC Fruits and Vegetables Health Promotion Toolbox](#).



- High visibility areas to hang the posters include building entrances, galleys, gyms, offices, and waiting areas.
- **Send out email messages promoting the importance of consuming the daily recommended amount of fruits and vegetables.**
 - Share one message each week in July from the [Plan of the Week](#) messages with your command.
 - Share tips to [access affordable fresh fruits and vegetables](#) to help your command stay within budget when they shop for fruits and vegetables.
 - Send the [Size Up Your Servings](#) infographic to your command personnel via email. The infographic shows what an actual serving size of fruits and vegetables looks like.
- **Share videos with your command during meetings throughout July.**
 - Use the Department of the Navy's "[Be a Savvy Food Shopper](#)" video to promote grocery store strategies that will result in healthier eating habits.
 - Use the Navy and Marine Corps Public Health Center's "[Fruits and Veggies-More DOES Matter](#)" video to promote consuming more fruits and vegetables. Obtain a copy by sending an email to usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-nutrition@mail.mil or by phone at (757) 953-0956.
- **Use the [Military Nutrition Environment Assessment Tool \(m-NEAT\)](#) to help your command measure the accessibility of fruit and vegetable options in your community.**
- **Get the facts on nutrition by attending the [Choose Healthy Options for Wellness \(CHOW\) Course](#) – a full-day training on basic and advanced nutrition topics. [View the schedule](#) or contact the NMCPHC HPW Training Department via email at usn.hampton-roads.navmcpubhlthcenpors.list.nmcphc-hpw-training@mail.mil or by phone at (757) 953-0956.**

Sponsor Programs that Encourage Your Command to Incorporate the Daily Recommended Amount of Fruits and Vegetables into their Diets

- **Determine individual recommended number of daily servings of fruits and vegetables.** Ask your command personnel to determine their daily recommendations using [the fruits and veggies calculator or the daily food plan tools](#).
- **Encourage a fruits and vegetables competition.** Encourage Sailors, Marines, family members, retirees, and DoD civilian staff to complete the [30-Day Fruit and Veggie Challenge](#), and at the end of the month recognize those who successfully complete it. Have them share what they learned by participating in the challenge.



NAVY AND MARINE CORPS PUBLIC HEALTH CENTER

PREVENTION AND PROTECTION START HERE



- **Develop a Wall of Fame** with pictures of Sailors, Marines, family members, retirees, and DoD civilian personnel leading the pack on the 30-Day Fruit and Veggie Challenge.
- **Coordinate a trip to a farmers market, community garden, or “pick your own” farm.** View a list of [local farmers markets](#) or find a [community garden](#) in your area.
- **With your command, outline ways you can all eat healthier** at command events. These ideas should include plenty of fruits and vegetables. The [American Cancer Society provides guidance for healthier eating at work.](#)