Cornell University Wellness Program Invites You To Put Fruit To Work
Monday, September 21 – Friday, September 25 2015

Eating fruits and vegetables is important for good health, but most of us still aren’t getting enough. So let’s make eating fun! This September, we invite the Cornell community to participate in Fruits & Veggies – More Matters Month.

• Fill in at least 7 of the 9 boxes below during the work week of September 21 – 25.
• Email or campus mail completed form to wellness@cornell.edu or Cornell Wellness, 302 Helen Newman Hall by Friday, October 2.
• One form per person allowed; your entry will be entered into a drawing.
• Prizes: Three lucky winners will be randomly drawn. Each winner will receive a large fruit gift box to share with co-workers.

I ate at least one fruit per day for five days in a row. I put out a fruit bowl this week at work or at home. I bought a locally grown fruit or vegetable this week.

I looked up and told someone at least one benefit of eating fruits. I made up my own fruit or vegetable activity: ____________________________ I tried a fruit or vegetable I’ve never tasted. I tried: ____________________________

I brought in a fruit or vegetable to share with your co-workers. I looked up and told someone at least one benefit of eating vegetables. I ate at least one vegetable a day for five days in a row.

Name:_________________________ Email:______________________________ Dept:________________ (if applicable)

What is one serving?
Vegetables: 1 cup of raw leafy vegetables (about the size of a small fist), 1/2 cup of other vegetables or 1/2 cup of vegetable juice. Fruits: 1 medium fruit (medium is defined as the size of a baseball); 1/2 cup chopped, cooked or canned fruit; or 1/2 cup juice. American Heart Association

Questions? Contact Beth McKinney, bm20@cornell.edu
Brought to you by the Tompkins County Worksite Wellness Coalition and Cornell University Wellness Program.