



## July is Fruits and Vegetables Month



According to the 2014 Fleet and Marine Corps Health Risk Assessment Annual Report, low consumption of fruits and vegetables is one of the leading health risk behaviors Sailors and Marines practice.<sup>1</sup> Forty-six percent of respondents indicated that they do not eat at least two servings of fruit a day and sixty percent reported eating less than three servings of vegetables a day.<sup>1</sup> Consuming the recommended number of servings of fruits and vegetables daily helps decrease the risk of various chronic diseases, such as heart disease, cancer, and type-2 diabetes.<sup>2</sup>

Eating a variety of fruits and vegetables helps Sailors and Marines, beneficiaries, and retirees get the essential vitamins and minerals that only these foods can provide, and combined with exercise, can help prevent weight gain. The Fruits and Vegetables Health Promotion toolbox offers Sailors, Marines, beneficiaries, DoD civilians, health promotion coordinators, and health information disseminators the resources on how to incorporate more fruits and vegetables into their diet in order to maintain optimal health and performance.

### “Your Healthy Lifestyle Festival” Is Coming to a Location Near You

For the second year, the Defense Commissary Agency (DeCA) will be hosting its “Your Healthy Lifestyle Festival” at Commissaries around the world for military service members and their families. The festival brings together health and wellness efforts to the military community. Commissaries will feature farmers markets, sales from the exchanges on athletic apparel, and fitness events and activities from morale, welfare, and recreation services.

Please visit <http://www.commissaries.com/stores/html/healthy-lifestyle-festival.cfm> to learn more about festival locations and dates.



## Resources You Can Use

Please consider distributing the following resources to your audiences throughout the month of July. If you reuse or reproduce any of these materials, we request you please include the following attribution: "Content courtesy of the Navy and Marine Corps Public Health Center's Health Promotion and Wellness Department" and [email](#) to let us know so that we may track the reach of our materials.

### Fact Sheet: 10 Ways to Increase Your Fruits and Vegetables Intake

Healthy Eating helps you perform at your peak and boosts your immune system, but it takes more than an apple a day to keep the doctor away. [Click here](#) to find out how you can increase your fruits and vegetables intake.

### Fact Sheet: Eat Healthy on a Budget

Consuming the right mix of fruits and vegetables can boost your performance and your immune system... and best of all, it doesn't have to break the bank. [Click here](#) to find nine simple ways to budget for fruits and vegetables in your diet.

### Infographic: Eat the Rainbow – A Colorful Approach to Healthy Eating

With hundreds of varieties in fruits and vegetables to choose from when selecting your meal, it can be challenging to know which ones to choose. [Click here](#) to read more about why adding color to your diet is beneficial.

### 30- Day Fruit and Veggie Challenge

Looking for a way to challenge your body? [Click here](#) to read more and download the 30 day fruit and veggie challenge activity card.

### Farmers Market and Community Gardens 101

Two ways to increase fruit and vegetable intake are recent revivals of centuries-old practices that are making the fresh produce of the season more accessible to those of us who don't have a farm in our backyard. [Click here](#) to read tips on getting produce from a community garden or farmers market.

### Additional HPW Resources

Check out the additional resources available to you! These innovative and evidence-based health promotion and wellness resources and services were developed to facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles for Sailors and Marines.

- [HPW Homepage](#)
- [HPW Partnership Fact sheet](#)
- [HP Toolbox](#)
- [Archived Webinars](#)
- [Reproducible Materials](#)

To learn how our programs can help Sailors, Marines, beneficiaries, retirees, and DoD civilians increase their fruit and vegetable intake visit our [July Health Promotion toolbox](#).





## Social Media Messages

The following social media messages will direct you to resources for Sailors and Marines. Please feel free to use the messages below to post to your local social media channels and share with your audiences. Like us on [Facebook](#) and follow us on [Twitter](#) and [Pinterest](#)!

### Social media message 1:



It's the perfect time of year to celebrate Fruits and Veggies! Throughout July, we'll share tips and resources on how fruits and vegetables can help you and your family be healthy and happy!

#EatRight

<http://go.usa.gov/3wM9K>

### Social media message 2:



We challenge you to eat more fruits and veggies for the next 30 days! #FandVChallenge

#SummerSafety

<http://go.usa.gov/3wM9f>

### Social media message 3:



Military communities recognize the usefulness of gardens and farmers markets. Learn more about what the military is doing to provide healthy options for its communities.

#GardenToTable

<http://go.usa.gov/3wM5z>

### Social media message 4:



What are you doing this week to keep on top of our 30-day Fruit and Veggie Challenge? We recommend trying out a fruit smoothie for breakfast or adding a salad to your dinner menu tonight! #F&VChallenge

<http://go.usa.gov/3wM9f>

### Social media message 5:



Cut up and pre-package veggies such as peppers, carrots, or broccoli. Use them on a salad, with hummus, or in a veggie wrap!

<http://go.usa.gov/3wM5k>

[Contact us](#) if your organization would like to collaborate with us on social media messages or if you would like us to share your messages on our [Facebook page](#).



## Webinar Calendar

We host healthy living webinars for health educators and other health professionals to create awareness of the health promotion and prevention resources, tools, and programs offered by the HPW Department to motivate healthy behaviors.

Date	Webinar Title	Time
29 July	DoD's Efforts to Increase Fruit and Vegetable Consumption	1200-1300 ET

For many of our webinars we offer continuing education credit hours (CECH) for Certified Health Education Specialists (CHES). If you are interested in attending one of our webinars in the future click [here](#) for registration details.

## References

<sup>1</sup> Navy Marine Corps Public Health Center EpiData Center Department. Fleet and Marine Corps Health Risk Assessment 2014.

<http://www.med.navy.mil/sites/nmcphc/Documents/health-promotion-wellness/general-tools-and-programs/HRA-2014-report-final.pdf>. Published May 2015. Accessed July 2015.

<sup>2</sup> Why is it important to eat fruit? United States Department of Agriculture. <http://www.choosemyplate.gov/food-groups/fruits-why.html>. Accessed July 2015.

### Upcoming Training

Our education and training courses equip Navy and Marine Corps command personnel with the tools, programs, and interventions to implement at the local command level. To learn more, visit our [Health Promotion training page](#).

### Contact Us

Please let us know how we can help highlight your resources for service members, veterans, families, and health professionals. We welcome your [feedback and suggestions](#), and look forward to continued collaboration with your organization.

