

JULY 2016

EAT REAL FOOD & FEEL REAL GOOD



LM^P LABOR MANAGEMENT
PARTNERSHIP



Eating more fruits and vegetables is one of the easiest ways we can fuel our mind, body and spirit, and improve our overall health. This month, let's model being healthy at work by eating more fruits or snacking on cut-up vegetables instead of sweets.

FUN TIPS FOR YOUR TEAM:



Spread the health: Share these simple steps with your team:

- » For snacks, think of fruits before sweets to satisfy cravings. Bananas, grapes, unsweetened applesauce and dried fruits are great portable snack options. Even frozen fruits are great during summertime!
- » Cucumbers, peppers and mushrooms are a nice addition to your sandwich, along with lettuce and tomato.
- » Fruits and vegetables are the original fast food. Keep them cleaned, prepped and close by for easy consumption.



Host a BYOS, "Build Your Own Salad," as a department potluck. Everyone brings one ingredient and enjoys making and eating delicious salads together.



Challenge another department to eat more fruits and vegetables for a month. You can track your team's produce servings on a poster board or visit kp.org/gokp (requires sign-on).