



June 2016

Welcome to the **Unwrapped** wellness incentive campaign, where your goal is to eat more fruits and vegetables! That's right — eat *more*. Underneath that peel (and sometimes *in* the peel), fruits and vegetables pack a tasty punch of vitamins, minerals, phytochemicals and fiber. And when your diet gets “unwrapped” you reap countless benefits to help keep you healthy and full of energy.

It used to be that five servings of fruits and vegetables were recommended for everyone, everyday. That guideline has changed. The number of fruits and vegetables you should be eating daily is now based on your age, sex, and activity level. Unwrapped seeks to help you better understand how many fruits and vegetables you should be eating each week, to provide tips and strategies to squeeze more fruits and vegetables into your day, and to inspire you to aim for more cups each week.

Let's Get Started

All of the materials you need to successfully complete Unwrapped are included. Take a few minutes to familiarize yourself with the tracking form and the educational resources. The resources feature helpful shopping strategies, tips for boosting your intake, and much more.

Unwrapped begins on **Monday, June 20th**. Using the table printed on the tracking form, begin by identifying how many cups of fruits and vegetables are recommended daily for you.

Next begin recording your daily intake on the tracking form. Each fruit square on the grid represents one cup of fruit. Each vegetable square represents one cup of vegetable. Refer to the Getting Your Fill education resource to help you determine how much of a fruit or vegetable is required to equal one cup. Record the name of each fruit or vegetable eaten in the appropriate square.

At the end of each week add up the total number of cups of each and compare your intake to your recommended intake. The goal is to reach your recommended weekly intake by the end of the campaign.

Return your completed tracking form to a Wellness Committee member by **Wednesday, July 20th**.

Happy crunching and munching! If you have questions regarding Unwrapped, please contact Amy Porter at 573-1148 or aporter@webstercountyia.org.

The Wellness Committee:

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Andy McGill
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