

5 2 1 0

# June

## FEATURE:

### National Fresh Fruit and Vegetable Month



Here's how you can put 5-2-1-0 into action this month:

#### EAT MORE FRUITS & VEGGIES!

5-2-1-0 recommends eating five servings every day! Here's how you can eat more fruits and veggies in June:

- Try a new healthy and budget-friendly recipe from [Spend Smart. Eat Smart.](#)
- Visit a farmers market, buy produce and prepare it together at home.
- [Limit unhealthy choices](#) for snacks. Choose a healthier alternative - like sliced fruit or veggies with a yogurt or hummus dipping sauce instead!
- Print and use your own 5-A-Day [Fruit & Veggie Bands](#) at home.
- Conduct a [taste test](#) of new-to-you fruits and vegetables.



#### SPREAD THE WORD:

Post these messages to your favorite social media platform:

What's your favorite fruit or veggie? Be sure to eat at 5 servings everyday! #HealthyChoicesCount

Broccoli and strawberries are in season this month. We love fruits and veggies! #HealthyChoicesCount



#### RECIPE: TROPICAL GREEN SMOOTHIE

##### Ingredients:

- 1 ripe banana
- 1 cup spinach
- 1 cup frozen pineapple
- 1/2 cup almond milk

##### Instructions:

- Blend until smooth, adding more almond milk as necessary.
- Serve and enjoy!



[www.iowahealthieststate.com/5210](http://www.iowahealthieststate.com/5210)

