



Did you know September is Fruits and Vegetable Month? Here is information about it from the Society of Public Health Education.

30 Ways to Add More Fruits and Veggies to Foods You Enjoy

Fruits and vegetables provide vitamins, minerals, and fiber that our bodies need to stay healthy. Eating more fruits and vegetables adds nutrients to diets, and reduces the risk for chronic diseases such as heart disease, stroke, and some cancers.

Adding more to our diet is easy when we remember to add produce to the foods we already eat. Check out this [infographic - 30 ways to add fruits and vegetables to the foods people enjoy - like tacos, burgers, and pizza](#) then challenge your family to add a new fruit or vegetable to one of these common family meals.

Burgers - Stack it Up: Consider adding cantaloupe or cucumbers to add sweetness and crunch to a burger. You could even replace the meat with a grilled mushroom instead!

Pizza - Pile It On: Veggies may already be one of your favorite pizza toppings. Consider trying a new veggie or two on your next pie. What about artichokes, spinach or beets?

Tacos - Stuff it In: Tacos are traditionally topped with veggies, but get creative and try a new flavor combination. Sweet corn or mango could balance out the spiciness of a chili pepper.

Try these suggestions or come up with your own ways to join the millions of people committed to a healthier lifestyle during September, Fruits and Vegetables More Matters® Month.

Share your opinion!

QCTrails.org went live in April and we hope you're enjoying using it to discover new trails around the Quad Cities. Now we'd like to hear from you: Has QCTrails been useful? What do you like most about the site? Could we do anything to make it better? Click below to take our 16 question survey. Thank you for sharing your comments, opinions and ideas for us to make QCTrails.org even better!



[Take the Survey!](#)

Want to be recognized for the work your organization or business is doing? Take our Worksite Wellness Healthy Workplace Assessment [here!](#)

Be Healthy QC recently unveiled a new healthy workplace recognition program. Businesses that meet at least 10 of the 20 items on the assessment found at the link below will receive a letter and certificate of recognition for their worksite wellness efforts, as well as a window cling to display at the entrance of their business. If you would like your business to be recognized for your progress in creating a healthy workplace, please download and complete the assessment linked below and return it to: quadcityhealthinitiative@gmail.com.

[Take Our Assessment Here](#)

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