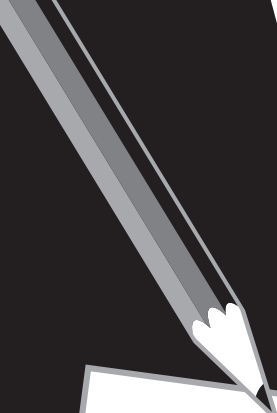


NATIONAL 5 A DAY MONTH | SEPTEMBER 2005



EAT FRUITS, VEGETABLES, AND BE ACTIVE!



ARE YOU MOBILIZING IN YOUR COMMUNITY FOR INCREASED ACCESS TO FRUITS, VEGETABLES, AND PHYSICAL ACTIVITY?

- I am communicating with government and community leaders, policymakers, and advocacy groups about the need for affordable fresh fruit and vegetables in my community and safe places for physical activity.
- I provided community leaders with suggestions for healthy changes in the in my community.
 - Farmers' markets
 - Walkability assessments
 - Healthy Food and beverage standards in public buildings
 - Community gardens