Hello!

Here is your Health Kit for January 2019. Please take a few minutes to distribute all materials via email. Also, be sure to print the poster and display it widely. Your dedication to wellness makes a difference. Thank you for your efforts!

Eating more fruits, vegetables, and whole grains can help you maintain a healthier lifestyle and give your body the nutrients it needs. In this monthôs Health Kit, youôll learn about the benefits of plant-based diets and different ways to incorporate this style of eating into your everyday life.

Print and display this monthôs poster, A Plant- Based Diet Approach. It contains simple ways to incorporate a plant-based diet.

Complete this word scramble to find out which foods are associated with a plant-based diet.

Recipe: Green Smoothie
Need a quick breakfast? Throw all these ingredients in a blender, and in less than a minute, youôll have a breakfast that sneaks in one serving of vegetables and two servings of fruit.

Download this month's podcast and find out how to put your best "fork" forward.

"Variety is the spice of life!òClick to hear the challenge Coach Felicia has for you.

Watch this quick video to learn what it means to eat clean.

Additional Info:
For more information on plant-based diets, click here.

Coming upé
To kick start the month of Valentineôs Day, Februaryôs Health Kit will give information about heart-healthy foods and their health benefits.