



*Harvest Time*  
*Get Your Family Involved*  
*Promoting Healthy People and Healthy Communities*

*Check off any items that you can for the next 2 weeks. Hand in your sheet to your supervisor \_\_\_\_\_. Pick as many activities/items as you like. All sheets handed in will be placed in a drawing for a healthy prize.*

*Celebrate a birthday* \_\_\_\_\_

*Eat 5 fruits/vegetables per day* \_\_\_\_\_

*Carve a Halloween pumpkin* \_\_\_\_\_

*Try some "green" cleaning-vinegar for washing windows, lemon juice for stains* \_\_\_\_\_

*Try fresh fruit for dessert* \_\_\_\_\_

*Call your favorite niece or nephew* \_\_\_\_\_

*Bake a new vegetable dish* \_\_\_\_\_

*Exercise 30 minutes a day-5 days* \_\_\_\_\_

*Decorate your home for Thanksgiving* \_\_\_\_\_

*Buy some fresh apples & bake them* \_\_\_\_\_

*Turn off the lights when you leave a room* \_\_\_\_\_

*Turn the thermostat down a few degrees* \_\_\_\_\_

*Walk or bike to school or work* \_\_\_\_\_

*Name* \_\_\_\_\_

*Location* \_\_\_\_\_

*Home email* \_\_\_\_\_