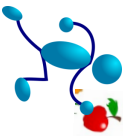


# First In Shape -

## Delaware



**6 or more servings  
each day**  
**28 days out of the month**

**What is a Serving**  
 1/2 cup cooked vegetables  
 1/2 cup cooked fruit  
 1 medium fresh fruit/vegetable  
 1/2 cup cooked beans  
 1 cup lettuce or leafy greens

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(month)

# First in Shape—Delaware



You are invited to participate in the First in Shape– Delaware get healthy campaign. You may join as an individual or get a group together at your work, school or church etc, and do it together.

It's good for everyone, no matter your age. Starting young gives children a great basis for staying healthy all their lives, young women can have healthier pregnancies and babies, and men can feel better and live healthier.

Good nutrition goes a long way toward fighting off common ailments like colds, stomach viruses and aching joints. It helps with sleep, mood, brain fog...and even helps to alleviate cravings of sugar, nicotine and alcohol. Now's the time to champion your own health. Whoever you are and whatever you do, make the commitment to improve your health and be a great example to those around you. Let's go Delaware! We can do this!

It is said that after 21 days, anything can become a new habit. We propose to do this for 2 months. Enough time for you to create a new habit AND improve your health. PLUS, you'll look and feel better, just in time for summer picnics and short sleeve outdoor fun!

# Guidelines and Information



**The plan is simple**—make sure you eat at least six servings of vegetables and/or fruits each day. Research shows that this amount is enough to make a significant change in a person's current and long term health status. With just a little planning, you can substitute your poor food choices with healthy ones.

Here's how to participate:

1. Gather your group and explain the 2 month goal. Encourage everyone to “eat your veggies” for at least 28 days out of each month. That gives you a few cheat days when the going gets tough. And if you are doing this on your own, be your own best cheerleader!
2. Print the First in Shape-Delaware chart (included in this document) or feel free to make your own.
3. Write the names of the participants at the top of each column and fill in the name of the month at the bottom right of the paper.
4. Participants will be keeping track of the servings of fruits and vegetables that they consume each day. Keep in mind that some foods MADE from fruits and vegetables are prepared in a way that make them unsuitable to count as a serving. For example, potato chips, French fries, ketchup and jelly just don't count. Sorry! We trust that you'll use your own judgment as to what qualifies as a healthy fruit or vegetable serving.
5. Fill in the chart each day or each time your group gathers. Just simply write the number of servings you consumed in the spaces under your name on the chart. If you have fulfilled your 6 servings a day, even a check mark will work.
6. Throughout each month, encourage yourself and others to pay more attention to the topics of healthy eating, healthy cooking and a healthy lifestyle. You can find loads of great information online, in bookstore, at your doctors office and on TV.
7. **IMPORTANT** for parents, teachers and caregivers...Children and some others may not be able to eat full 1/2 cup serving sizes. As a parent you can alter the guidelines to suit the age of the child. Remember that you're working towards creating the habit of a healthy lifestyle. And always do it with a kind and loving attitude. Stay positive and show your love and support. Research has shown that it can take up to 14 tries to get a child to accept a new food. So keep trying!
8. Be sure to share your successes with us via email at [dcavender@willeyfarmsde.com](mailto:dcavender@willeyfarmsde.com) and with others around you—and feel blessed to be learning about your gift of a human body and how to care for it.