MAKE NUTRITION YOUR MISSION

For National Nutrition Month, CTA Wellness is helping you make nutrition a priority. You will be provided with vegetable, fruit and herb seeds to grow right in your own backyard! As part of a healthy diet, half your plate should be made up of fruits and vegetables.

- For adults, try to eat 2 1/2 cups of vegetables a day (based on a 2,000 calorie per day diet).
- What counts as a cup? One cup of raw or cooked vegetables/vegetable juice or two cups of leafy salad greens.

BENEFITS OF GARDENING

- Reduces stress
- Improves hand strength
- Boosts your vitamin D
- Encourages you to eat healthier
- Strengthens your heart (by burning calories)

Be on the lookout for your vegetable and seed packets!