



Homegrown 5-3-1



5-9 servings
each day



FRESH + LOCAL = DELICIOUS!

What can be fresher than fruits and vegetables picked just a few hours ago? Not only do they contain more vitamins, minerals, and other phytonutrients than ones harvested early and shipped thousands of miles, but they taste better too! Even the pickiest eaters will be excited to try new foods when they've had a chance to grow or harvest what they are eating. Grow your own garden, or plan a family outing to one of Connecticut's 82 farmer's markets or many pick-your-own farms. It's fun, fresh, economical, and healthy!

To get brochures detailing CT farmer's markets or pick-your-own farms, send a self-addressed, stamped envelope to:

CT Department of Agriculture-Marketing Division
165 Capitol Avenue, Hartford, CT 06106



or go to:

www.ct.gov/doag
click on Publications
for complete listings
by county.



3 servings
each day

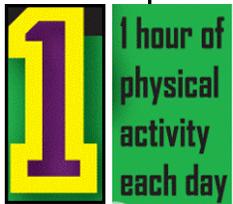
JUNE IS DAIRY MONTH!

Recent studies have indicated that dairy products are not only healthful, but that a reduced-calorie diet plentiful in dairy products can actually help you lose more body fat than a dairy-scarce diet of the same caloric level (see www.nationaldairyCouncil.org).

Although Connecticut has only 169 dairy farms left of the 1000 it had in the 1970's, those dairy farms are responding to the demand for fresh, locally produced products. Many of our state's dairy farms welcome visitors and some even give tours (see www.ct.gov/doag). CT Grown dairy products can be found at farmer's markets and even in many grocery stores! The Farmer's Cow is a cooperative of six Connecticut dairy



farms that sells its artificial growth hormone-free milk at many locations throughout the state. Cato Corner Farm creates farmstead cheeses from fresh Jersey milk. Just two delicious ways to get your Three A Day!



1 hour of
physical
activity
each day

GARDEN YOUR WAY TO HEALTH!

Gardening is a great way to get fresh air and exercise while growing healthy food! Whether it's in your own backyard, at a community garden, or helping out at a local farm, you can burn calories and build muscle by rolling up your sleeves and getting down in the dirt!

- Hoeing and digging give you a total body workout and provide resistance training. 30 minutes uses 150-200 calories depending on body weight.
- Turning the compost pile is good exercise for your arms, back, and neck.
- Using a push lawnmower gives you a significantly better workout than using a power mower.
- Even very young children can help weed, dig, and transplant seedlings.

