

# May 2026

## Healthy Eating Challenge

Jackson County residents continue to report consuming fewer and fewer servings of fruits and vegetables each day. The USDA, My Plate, recommends adults eat about 5 cups of fruits and vegetables per day. Eating this recommended amount can help your body to receive the vitamins, minerals and fiber that it needs and can help to reduce the risk of some chronic diseases and cancers. For more information about serving size recommendations please see the supportive handouts.

This month keep track each serving of a fruit or vegetable you eat each day. Log your responses on the calendar below.

Name \_\_\_\_\_ Department \_\_\_\_\_

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Please submit completed challenge through interdepartmental mail to **Jenifer Pressley** at the Cullowhee Recreation Center by June 5th.

