

## **Dear Worksite Coordinator:**

In this document, you will find messages that you may 'cut and paste' into emails to send to PERS Fruit and Veggie Challenge participants. The emails will provide links to recipes and additional information about fruits and vegetables, physical activity, and a motivational message for the day.

Simply highlight the text wanted (either with your mouse or using keyboard arrows), copy, and paste into an email message. There 20 messages, one for each day of the workweek during the period that you hold the four-week Fruit and Veggie Challenge. Thank you for your efforts and interest in the program.

## **DAY 1**

### **Daily Messages For a Healthy North Dakota**

As part of the PERS Fruit and Veggie challenge, you will receive daily e-mails supporting your efforts toward eating better and being physically active. The messages will encourage taking small steps toward the healthy behaviors of eating more fruits and vegetables every day and being physically active for 30 minutes at least 5 times a week. These messages were compiled from *FITNET! 1999*, an e-mail project developed by Tim Lane of the Iowa Department of Public Health; *Little by Little*, a USDA fruit and vegetable project at the University of California, Berkeley, *Eat Right Montana* publications, and other sources.

### **Take the survey!**

If you have not done so yet, please set your browser to <http://www.ag.ndsu.edu/pers/> click on "Pre-Survey", and take the participant survey. Your anonymous participation will help us understand more about current fruit and vegetable consumption and availability in North Dakota.

### **Fruits and Veggies Beat the Lunchbox Blues**

Looking for a way to liven up your lunch? Be sure to include fruits and vegetables. Here are some quick and easy lunchbox or bag stuffers.

- Fresh fruit such an apple
- Dried fruit in small boxes or bags. Package your own to save money: measure out a ¼ cup serving and place in a "snack-sized" resealable plastic bag.
- A single 6-ounce serving of fruit juice
- Save some salad from dinner tonight. Pack it in a bowl. Pack the dressing separately, or purchase a bottle of dressing to leave in a refrigerator at work.
- Package some raw vegetables in snack-sized bags. Try celery, carrots, broccoli, cauliflower, pea pods, or your own favorite. Pack an extra bag as a snack. *Little by Little*

### **Step into Health**

Amelia J. Bloomer was born on May 25th in 1818. She wrote about a new design of clothing designed by her friend, Elizabeth Smith Miller. Both saw these "Turkish Pantaloon" as a way to advance Women's rights and literal freedom. Ms. Miller came up with the design while gardening because the current style of dress was not compatible for that activity, or any other for that matter. The process of breaking from tradition or style and adopting a new way of doing

things can serve as a nice model for today. As you dress for success today, remember that the ultimate success will be a long active life. *FITNET! 1999*

A recent study showed that on “casual dress” workdays, employees were more active.

### **Think About It!**

It has been said that the first hour of your morning is the rudder of your day. Take time every day to visualize or perhaps even write down what you expect during the day. There are many self-help books that point out that a two-minute talk with yourself about all the positive things that will happen or you will do that day will create self fulfilling prophesies. In this case talking to yourself is a sign of good mental health. *FITNET! 1999*

## **DAY 2**

### **Fruit and Veggie Snack Attack**

Snacking can be a good way to enhance your overall diet, if you have some good foods handy. Try some of these ideas to arm yourself with tasty snacks that can be enjoyed at work Little by Little

- Replace the candy dish with a bowl of fresh fruit or dried fruit
- Pack an apple in your backpack
- Toss a box of raisins in your briefcase
- Keep some tomato juice or fruit juice in the worksite refrigerator
- Keep a box of frozen juice bars in the worksite freezer.
- Ask for the vending machines at work to offer choices of fresh fruit or fruit juice

### **Step into Health**

On January 7, 1887, Thomas Stevens completed the first around the world bicycle trip. He began in April, 1884 and traveled 13,500 miles. Although it sounds impressive, it breaks down to around 13 miles a day. Putting in 13 miles in a day is an achievable step. Mr. Stevens excelled in setting a lofty goal and sticking to it. An old saying notes that the largest room in the world is the room to improve. But we must not be overwhelmed with the size of any task. *FITNET! 1999*

### **Think About It!**

“It is never too late, in fiction or in life, to revise.” Nancy Thayer

## **DAY 3**

### **More Matters Fruit and Vegetables of the Month**

On January 11, 1770, the first shipment of rhubarb was sent to the United States from London. Benjamin Franklin sent the plant to his buddy, John Bartram in Philadelphia. Ben really knew a good (or bitter) thing when he saw it or in this case tasted it. Through the ages rhubarb had been used for medicinal purposes, dye, insecticide, cleaning agent, and the comedy routines of John Cleese. The chemicals in rhubarb leaves have even been used to render harmless dangerous CFCs (chlorofluorocarbons). There are no ends to the benefits of this and other vegetables. Put some to work for you today. *FITNET! 1999*

Did you know that jicama is a tuber grown in Mexico and Central America? And that it's a great addition to a vegetable platter? For more interesting tips and recipes, try the CDC *Fruits and Vegetables of the Month* page at <http://www.fruitsandveggiesmatter.gov/>.

### **Step into Health**

How about a new day resolution? Make a simple resolution every morning to eat one more fruit or veggie, walk one more flight of stairs, or just to have a great day. It does not cost you anything and may prove to be a valuable asset.

### **Think About It!**

"I do the very best I know how, the very best I can." Abraham Lincoln

## **DAY 4**

### **Fruits and Veggies – Log It In**

There are folks who encourage themselves by tracking their fruit and veggie consumption or physical activity. Try logging your habits for even two weeks and see if it can motivate your behavior. To keep a focus on what is going well, write down 5 things that go right every day.

### **Step into Health**

If you have not gone through your calendar or planner by now and written in your times to be active, now would be a great time to do it. Being active is one of the most important steps to good health, which should be one of our top priorities. Treat it like other important projects and write it in. FITNET! 1999

### **Think About It!**

"Anyone who stops learning is old, whether at 20 or 80. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young." Henry Ford

## **DAY 5**

### **Fruits and Veggies – It's About Produce**

Would you like to try a new fruit or vegetable that's in season, but don't know what to do with it? Or do you just want a new recipe for zucchini? Check out this website: <http://www.fruitsandveggiesmorematters.org/>. Here you can search for information and recipes on hundreds of fruits and vegetables. I checked out "Bitter Melon". The site didn't have a specific recipe, but it told me it needed to be cooked and could be chopped up and used in stir-fry recipes or soups (and here I might have tried it raw). When you select a recipe from this site you can click on "add to shopping list" and the site creates a shopping list to take to the store. You can also join the recipe club for free weekly or monthly e-mail recipes.

### **Step into Health**

Do you know of someone that is taking good care of someone else, but neglecting his or her own health? Does that describe you? Good health is like charity: it should begin at home. Take good care of yourself and have a great day, week, and month. FITNET! 1999

### **Think About It!**

"People are just about as happy as they make up their minds to be." Abraham Lincoln

## DAY 6

### **Fruits and Veggies - Energizing Tips For A Healthier Family**

A great first step to a healthier family is to include the recommended servings of fruit and vegetables each day. A healthier family is also on the move; so include at least 30 minutes of moderate activity everyday, such as walking. These simple changes are easier than you think and help improve your entire family's health. For some ideas check out this web page provided by the CDC: <http://www.fruitsandveggiesmatter.gov/>

### **Step into Health**

Small steps. It is important for us all to remember that a little bit of effort every day adds up very quickly. Maybe you should include that thought in your daily programming. Don't forget self-talk. How about developing a short script that you recite to yourself every day in the shower or on the way to work? That script can cover how your attitude will be that day and what you will get done. Tap into the potential of positive affirmations and your vision of where you wish to go! FITNET! 1999

### **Think About It!**

"We ought to be able to learn some things secondhand. There is not enough time for us to make all the mistakes ourselves." Harriet Hall

## DAY 7

### **Fruits and Veggies – To the Market**

Summer and fall are the perfect times to focus on how luscious fresh fruit and vegetables can taste. Farmer's markets and produce stands are starting to pop up all over. Go ahead, be adventurous, and try some hot peppers, elephant garlic or just a different looking carrot! Have a great week! Keep your family safe by washing fruits and vegetables before use. For more details on the when a fruits and vegetables are ripe and how to clean and use them, see [www.fruitsandveggiesmatter.gov/](http://www.fruitsandveggiesmatter.gov/)

### **Step into Health**

As we age our bodies will be subject to various blows. Think of physical activity as immunization for pain and injury. Various studies have indicated that frailty in our elder years is not inevitable. Disease, injuries, and immobility can be prevented or delayed significantly with physical activity. A good example of the positive benefits of physical activity would be Edward Payson Weston, arguably one of the most famous walkers to ever live. Never heard of him? Well then tune in tomorrow to find out about this active American. FITNET! 1999

### **Think About It!**

"Physical fitness is in. I recently had a physical fit myself." Steve Allen

## DAY 8

### **Fruits and Veggies - Have your fruit and eat it, too!**

Fruits are a great way to enjoy dessert- sweet and satisfying. Think of a type of fruit you can easily enjoy tonight after dinner. Write it down, stop by the store after work and buy some. One fruit I enjoy as dessert is \_\_\_\_\_.

### **Step into Health**

When he was 21 years old, Edward Payson walked from Boston to Washington D.C. in 10 days. It was 1861 and the purpose of the trip was to win a bet and see the inauguration of Abraham Lincoln. In 1867 he walked 1,326 miles from Portland Maine to Chicago Illinois in 26 days. In those days there were European hiking contests and dare I say it, Mr. Weston walked off with the trophy, purse, and title as the “world’s best long distance walker”. People paid to watch him walk. At 68 he repeated his walk from Portland to Chicago, cutting 29 hours off his time. At 69 he walked from New York to San Francisco and back again in 181 days. He became known in America as the “Old Pedestrian” and was still walking and speaking on the benefits of walking well into his 80’s. Admirers around the country formed Weston Walking Clubs. As I said yesterday he became America’s most famous walker. You don’t have to be famous or walk across the country to benefit from physical activity, but knowing what is possible may help doing what is practical. FITNET! 1999

### **Think About It!**

The important thing is not so much that every child should be taught, as that every child should be given the wish to learn. John Lubbock (Lord Avebury), *The Pleasures of Life*, 1887

## **DAY 9**

### **Fruits and Veggies – A Story**

“In 1901, the famous story "Peter Rabbit" by Beatrix Potter was printed for the first time. If you are reading a story to children this evening, this may be a good choice. As you know it is the story of a young rabbit that gets carried away in his quest to have 5 servings of fruit and or vegetables. It does point out we need to balance our diet and be aware of other risk factors. FITNET! 1999

Check out this website for a listing of other great children’s books that have a food theme:  
<http://www.ag.ndsu.nodak.edu/nut-links.htm>

### **Step into Health**

A study at the San Diego Veterans Affairs Medical Center found out that reduced amounts of sleep resulted in less white blood cell activity. The white blood cells are the killer cells that root out and destroy viral infections that bring us colds and other undesirable conditions as a main stay of our immune system. It was a study that proves what we already know, a good nights sleep is good for you. FITNET! 1999

### **Think About It!**

“And life is what we make it. Always has been, always will be.” Grandma Moses

## **DAY 10**

### **Fruits and Veggies - What's in that Salad Mix?**

Don't know your arugula from chicory? Check out this visual guide to identifying salad greens, along with recipes for mixing salad greens and vinaigrette recipes.

<http://www.epicurious.com/articlesguides/seasonalcooking/farmtotable/visualguidesaladgreens>

### **Step into Health**

Have you heard about the "brachistochrone problem" regarding the curve connecting two points made by a body acted upon by gravity over time? In 1696 the Swiss mathematician Bernoulli challenged his colleagues to solve the problem in one and a half years. The problem was delivered to Isaac Newton in the afternoon on January 29<sup>th</sup>, 1697. By the next morning Newton had invented a new branch of mathematics later to be named the calculus of variations. He used this to solve the problem and sent it off the next day.

Have you noticed how most of Newton's studies relate to physical activity? For example his observation that objects that are in motion tend to stay in motion and objects at rest tend to stay at rest is a crucial one for us all to remember. So is there some motion in the plans for this weekend? FITNET! 1999

### **Think About It!**

"Millions saw the apple fall, but Newton was the one who asked why." Bernard Baruch

## **DAY 11**

### **Fruits and Veggies - Going for the Green**

Green fruits and vegetables contain many health-promoting compounds. They help protect against certain cancers and help maintain vision health and strong bones and teeth. Check this link for some "green" ideas for St. Patrick's Day (or any day)!

<http://lancaster.unl.edu/food/ciqgreen.htm>

### **Step into Health**

Speaking of going up (and down), why not take the stairs one more time today than your normal routine. A great health plan includes small obtainable "steps"!

### **Think About It!**

"Life is about not knowing, having to change, taking the moment and making the best of it, without knowing what's going to happen next. Delicious ambiguity." Gilda Radner

## **DAY 12**

### **Fruits and Veggies - What's for Supper?**

Whether you call it "dinner" or "supper", one national survey found that at 4 p.m. each day, the majority of Americans do not yet know what they'll eat for that evening's meal. For some great recipes featuring vegetables in soups, salads and main dish foods, check out the "Prairie Fare" feature on the NDSU Extension website <http://www.ext.nodak.edu/extnews/pyramid.htm>. Click on the "vegetable" section of the Food Guide Pyramid to find a long list of vegetable recipes.

### **Step into Health**

On February 4, 1926 John Giola of New York City won a Charleston endurance dance contest. He danced, non-stop, for 22 hours and 30 minutes. When he finally collapsed, his legs wouldn't stop flapping! John thus goes down in the books as one who actually was too active, doing three weeks worth of vigorous activity in one day. If you find yourself dancing for over 22 hours today, cut back to less than 2 hours. *FITNET! 1999*

### **Think About It!**

"...the only advantage of not being too good a housekeeper is that your guests are so pleased to feel how very much better they are." June 6, 1939 Eleanor Roosevelt

## **DAY 13**

### **Fruits and Veggies – On TV?**

Do you like those TV food shows, but don't have time to watch (because you are at work)? Check out <http://www.foodtv.com>. Many of your favorite TV cooking personalities are featured at this site. Search the recipe index for vegetables and get a list of over 8400 recipes. Search for fruits and find over 2400 more.

### **Step into Health**

Remember how lousy it feels when you have the cold or flu? There are steps you can take to help prevent that condition and now is the time to take them. To reduce the possibility of spreading germs wash your hands longer and more often. Do not share drinking glasses, and avoid close contact with those with the flu or a cold. *FITNET! 1999*

### **Think About It!**

"Let's forget our own unhappiness--by trying to create a little happiness for others. When you are good to others, you are best to yourself." Dale Carnegie

## **DAY 14**

### **Fruits and Veggies – Brown Bagging It**

When you "brown bag it", you can have greater control of the fat content, insure that some of your daily fruit and vegetables are included and allow for fast fuel that allows for a walk or time on the stairs. It's fast, convenient, and economical. Isn't it great how many healthy habits are also money savers? Both sleeping and watching TV burn about 35 calories per hour, while a brisk walk burns 200. Why not carry that brown bag somewhere real interesting for lunch? *FITNET! 1999*

### **Step into Health**

In an experiment conducted at a Pennsylvania medical school some years ago, volunteers were divided into an "active" problem solving group and a "sedentary" one. The problems required both logic and creativity. Those that were on stationary bicycles scored significantly higher than those in comfortable chairs. *FITNET! 1999*

As with eating well at work, there are some benefits to increasing your physical activity at work. Even brief bursts of activity, like a 10-minute walk, can improve your concentration, creativity,

and performance (especially on detailed tasks). Next time you need to discuss something with a co-worker, try a walking meeting. It can be more productive – and healthier too – than a sit-down meeting! *Eat Right Montana, 2004.*

### **Think About It!**

“Tact is the ability to describe others as they see themselves.” Abraham Lincoln

## **DAY 15**

### **Fruits and Veggies – Trying New Foods**

It sometimes takes 10 to 15 tries before a child will like a new item. Forcing a child to eat something he truly does not like will only create bad memories. However it's important to keep offering new fruits and vegetables. Despite repeated refusals, a child may suddenly decide to try a new food.

Modeling healthful eating habits is a great way to make sure your kids or grandkids develop good eating habits. So, watch what you say and do. The next time a tossed salad is passed to you, take a large helping and say, “I love salad!” Soon the kids will be eagerly eating it and saying they love it too. For more ideas on getting kids to eat fruits and vegetables, check out [www.dole.com](http://www.dole.com)

### **Step into Health**

Do you ever get your lipoproteins mixed up? That is of course the substance that moves your cholesterol through the bloodstream. There are High-density Lipoproteins and Low-density Lipoproteins. Think of the H in high as also meaning helpful and the L in Low as meaning Lethal! Do you know what levels your HDL and LDL are at? If they are high and you have children, it may be time to find out what their numbers are as well.

### **Think About It!**

“None of us can do anything great on our own, but, we can all do a small thing with great love.”  
Mother Teresa

## **DAY 16**

### **Fruits and Veggies – Weight Control**

Ten jellybeans and 2 ¾ cups of fresh strawberries each have 100 calories. Which will fill you up? Foods with high water content such as fruits and vegetables help you feel full on fewer calories. Eating more foods that are naturally rich in water such as fruits, vegetable, low-fat milk and cooked grains can help you control calories. A bowl of soup or a leafy green salad every day will help keep the hunger pangs at bay. *The Volumetrics Weight-Control Plan* by Barbara Rolls, Ph.D.

### **Step into Health**

A morning walk can get your day off on the right foot. If your schedule is busy use the time to reflect on your schedule, that time can turn into an investment in your day not a withdrawal. FITNET! 1999

### **Think About It!**

“All of us tend to put off living. We are all dreaming of some magical rose garden over the horizon instead of enjoying the roses that are blooming outside our window today.” Dale Carnegie

## **DAY 17**

### **Fruits and Veggies - Snacking**

You and your family will eat more fruits and vegetables — if they can see them. Put raw vegetables out on the counter for your family to munch on as you prepare the evening meal. Keep cut and cleaned vegetables up front in the refrigerator for the “grazers’ in you family. Put out a bowl of fresh fruit for evening snacks.

### **Step into Health**

Every time you take one flight of stairs, you are lifting over one ton. It is a great little activity break. Don’t think of them as stairs, but rather very expensive exercise equipment. There are so many ways you can take small steps to a healthy heart and a healthy you. Good habits can be contagious and you can be a carrier. FITNET! 1999

### **Think About It!**

“Do not worry; eat three square meals a day; say your prayers; be courteous to your creditors; keep your digestion good; exercise; go slow and easy. Maybe there are other things your special case requires to make you happy; but, my friend, these I reckon will give you a good lift.” Abraham Lincoln

## **DAY 18**

### **Fruits and Veggies – Bright Ideas**

Tired of the same old carrots, cauliflower, and zucchini. Pickle them -- they make great appetizers for your next lasagna or spaghetti supper.

Try lightly steamed green and asparagus spears for dipping in a low fat dressing. Make ribbons of zucchini with a vegetable peeler or vegetable slicer (mandolin). Add a bean dip by combining a favorite low-fat salad dressing with a can of beans and whiz them in a blender. Add hot peppers or Tabasco sauce to taste and dip away.

Ending the meal with a fruit “sauce” (actually just canned fruit) as the dessert is a great habit to start with your family this winter. Fruits canned at their peak in water or fruit juice are great when fresh is not in season.

One apple, one banana – not enough for everyone, so what to do? Take a can of mandarin oranges or other canned fruit, drain and then add slices of the fresh fruit. Throw in a few dried cranberries or golden raisins. A few nuts add valuable fiber, essential oils and great crunch.

### **Step into Health**

Mount Everest is 29,028 ft. above sea level. If you started at about 10,00 feet and climbed an average of six inches with every step, you would have to take 38,056 steps to climb the equivalent of Mount Everest. If you did it with a friend you both could be social climbers!  
FITNET! 1999

### **Think About It!**

"Let's fill our minds with thoughts of peace, courage, health, and hope, for our life is what our thoughts make it." Dale Carnegie

## **DAY 19**

### **Fruits and Veggies – Take the Time**

Let's talk about time. People often say they don't have enough of it, which of course is not the point. We all have the same amount, 1440 minutes every day. The issue is what do we choose to do with it. Your health depends on it...so out of those 1440 minutes schedule 30 for physical activity, and of course eating fruit and vegetables takes no more time than other foods. FITNET!  
1999

### **Step into Health**

One of the famous lines from the movie "Field of Dreams" is "build it and they will come". Whether it be on a field, a new North Dakota trail or your back yard strive to get at least 30 minutes of physical activity in as often as possible. Check out trails in North Dakota at:  
<http://www.ndparks.com/recreation/trails/findtrail.htm>

### **Think About It!**

"Believe that you will succeed, and you will." Dale Carnegie

## **DAY 20**

### **Take the survey!**

Please set your browser to <http://www.ag.ndsu.edu/pers/> click on "Post-Survey", and take the final participant survey. Your anonymous answers will help us understand the program's impact. Thank you for your participation!

### **Fruits and Veggies – Look to the Web**

This is the last of the Fruit and Veggie Wellness emails, so here are some resources for future ideas for fruit and vegetable recipes.

*Cooking Light* and *Eating Well* are two great sources of healthy fruit and vegetable recipe ideas. At [www.cookinglight.com](http://www.cookinglight.com) you can receive two issues of *Cooking Light* before you decide if you would like to subscribe. Although there are some free recipes on this website, to access all the areas you either need to subscribe or buy the magazine at the newsstand to get the access

code. Cooking Light has both physical activity features and recipes, along with lots of advertising, so it is quite a thick publication.

I like the approach to healthy cooking featured in *Eating Well*, where fresh fruits, vegetables and whole grains are highlighted. *Eating Well* has very limited advertising, so it takes up very little space on your recipe shelf. At [www.eatingwell.com](http://www.eatingwell.com), you can access recipes from back issues and try a free issue before deciding if you want to subscribe for the year. You can also sign up for a monthly E-newsletter.

*Cook's Illustrated* magazine and America's Test Kitchen television show are companion productions and their websites are linked. To try a free issue of *Cook's Illustrated*, go to [www.cooksillustrated.com](http://www.cooksillustrated.com). This website requires a membership to use, but you can subscribe for only a month, if you want. *Cook's Illustrated* and America's Test Kitchen ([www.americastestkitchen.com](http://www.americastestkitchen.com)) are for people who like learning more about techniques and how to make a recipe the "best way". A great feature is their review of cooking equipment, large or small. Look here for evaluations on the best veggie choppers, paring knives, potato peelers, citrus juicers, salad spinners, etc. Good equipment makes fruit and vegetable preparation easier and quicker.

### **Step into Health**

Recent research indicates that light physical activity increases our power to memorize. In a study published in the Journal of the American Geriatrics Society, nursing home residents were able to recall 20 percent more items after 15 minutes of physical activity. Walking is free, healthy, and may boost your ability to recall by 20 percent. What a deal! "Remember to walk and walk to remember!" FITNET! 1999

### **Think About It!**

Coach Vince Lombardi is the source of one of the most misquoted sayings of all time. For the record his statement was "Winning is not everything, but making the effort to win is." We can win in so many ways, but often it does call for effort, perseverance, and working through a loss or setback. Whatever you want to win, keep up that effort! FITNET! 1999

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A four-year-old girl was learning to say the Lord's Prayer. She was reciting it all by herself without help from her mother. She said, "And lead us not into temptation, but deliver us from e-mail...AMEN". Let's hope you didn't feel this way about these messages. If you have any comments send a message to [karen@ehrensconsulting.com](mailto:karen@ehrensconsulting.com)