

1. **Start a garden**--just like our [In the Grow](#) program that helps dozens of preschool sites all over Sacramento County with their small garden kits.
2. **Add your favorite fruit to your morning cereal or toast.**
3. **Bring fruit and vegetable dishes to office parties and potlucks.** Check out the picture below from our office Soul Food potluck, where we made dishes from the [African-American Campaign's](#) cookbook.



4. **Eat salsa with meals and snacks.** If you can, purchase a jar of GEO Salsa produced by [our EAT from the Garden](#) program.
5. **Put extra lettuce, tomato, and other vegetables into your lunchtime sandwich.**
6. **Attend one of the many grower's festivals that California has to offer.** Each year, our [Latino Campaign](#) hosts activities at the Yolo Tomato Festival. Check out our involvement from the [2010 Tomato Festival](#).
7. **Buy fresh fruits and vegetables in season, they are at the height of flavor and usually cost less.**
8. **Go to Fruit and Veggie Fest on May 22, 2011 at [Rancho San Miguel in Stockton, CA](#) hosted by our Retail staff.** Look how much fun we had last year:



9. **Use cucumbers, lemon, berries, or watermelon to flavor your water.** Our [HEAL \(Healthy Eating Active Living\) Collaborative](#) has a whole nutrition initiative called ReThink Your Drink that encourages everyone to opt out of sugar-sweetened beverages and choose water, low-fat milk,

or 100% juice instead.

10. Get your kids to help prepare fruits and vegetables for family meals. Our [Power Play!](#) staff recommends teaching younger children to wash produce and use their hands to tear leafy greens. Older kids can learn basic cooking, like sautéing vegetables with parent help.
11. **Buy whole, larger fruit like pineapple**, chop it up as soon as you come home, and store it for snacking throughout the week.
12. **Use applesauce or prune juice to replace half of the oil in baked treats.**
13. **Challenge your family to trying a new vegetable every month, or every week** – involve your family in finding a new recipe, or making it a family activity to pick one out together.
14. **Fruit smoothies are a great snack or part of a meal** – blend frozen berries or any fruit, yogurt and/or milk and a few ice cubes. For a veggie boost, throw in a handful of spinach or kale.
15. **Substitute a starch such as a potato or rice for an additional vegetable dish.**
16. **Make your own trail mix** with nuts and dried fruit.
17. **Add more fresh or frozen vegetables to pasta sauce, chili, soups or stews.**
18. **Fill half of your dinner plate with colorful vegetables, salad and fruit.**
19. **Add extra vegetables to your pizza!**
20. **If your fruit or veggies are going bad, they can be chopped and frozen for later use.**

Encouraging fruit and vegetable consumption is one of the many ways that we work to reduce health disparities in tobacco and obesity prevention for low income families. As we continue to provide resources for underserved communities, we ask that you consider a gift of \$20.00 to commemorate our 20th anniversary. **Out of the billions of dollars given to philanthropies, most come in increments of \$10 and \$20. This means that you, as an individual, have the ability to be a part of a greater movement towards improving communities in need.** Your \$20.00 donation can help us expand our Healthy Choices initiative by purchasing supplies for cooking lessons we offer to low income families; purchasing soil and plants for preschool garden boxes; expanding our collaborations with other organizations serving diverse low income communities; providing '40 days to Freedom' daily devotional books for smokers wishing to break their addiction to tobacco products; and much more.

There are many needs of low income communities we seek to serve. Your support can help us further our mission. **To give \$20 for our 20th**, click [here](#).