To stay healthy, children need a minimum of 5 servings of fruits and vegetables per day.

System-wide and organizational actions can make a difference.

Policy Action
- Provide incentives to grow and purchase fruits and vegetables
- Improve access to healthy, affordable fruits and vegetables at grocery stores, corner stores, and restaurants

Organizational Action
- Place fruits and vegetables within reach of children at schools, restaurants, and events
- Make fruits and vegetables available for purchase in public venues where families frequent

Fruit & Vegetable Consumption in Boulder County

Eating fruits and vegetables protects us from health problems:
- Protects against cancer
- Lowers blood pressure
- Reduces risk of heart disease, obesity, and type 2 diabetes
- Reduces risk of developing kidney stones
- Lowers calorie intake
- Decreases bone loss

Our children are not eating enough fruits and vegetables.

In Boulder County, 93% of children are not meeting the recommended daily requirement of 2 servings of fruit and 3 servings of vegetables per day.

Children 1-14 years old:
- Lowers blood pressure
- Lowers calorie intake
- Reduces risk of developing kidney stones
- Protects against cancer
- Reduces risk of heart disease, obesity, and type 2 diabetes

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FRESH FRUIT & VEGGIES