

Small Changes for Health 2006

Week 29



The summer is an excellent time to visit a Farmer's Market in the area and stock up on all the ripest and freshest fruit and vegetables. Visiting a farmer's market is a unique and fun experience. Often times the produce you can buy at the farmer's market has more nutrients than the produce at the grocery store. Produce at the farmer's market does not travel very far, and is usually harvested the day before, thus giving you freshest and most nutrient-packed produce. Another unique quality about going to a Farmer's Market is that you can actually meet and talk to the farmer that grew the food you will be eating. For a truly appetizing experience, we strongly encourage you to make a change and visit a local Farmer's Market near you. We promise you will not be disappointed.

Your Small Change: For this week, make sure you visit a farmer's market.

Check off the days you complete this activity below:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

If you need more information about this program, this subject or some assistance or suggestions on how to make this change, please visit Health Promotion in room 910 or call us at 314/612-5400, 5419 or 5163. **You can also retrieve the supporting Small Changes for Health handouts online by visiting the City of St. Louis Department of Health web page.**

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Follow-Up: Week 29

Your Small Change: For this week, make sure you a visit a farmer's market.

1. How many days did you do this activity? (Circle number of days below)

1 2 3 4 5 6 7

2. How hard was it to accomplish? (Check your answer below)

Very Easy Somewhat Easy Neutral Somewhat Hard Very Hard

3. Is this a change you think you can continue? (Check your answer below)

Yes No

4. Other Comments:

Please return the bottom half of this form to Health Promotion in Room 910, at the end of this week.

