

Small Changes for Health



Week 36



September is National Fruit and Vegetable Month. Did you know that there are over 7,500 different varieties of apples grown across the world? Many of these varieties will probably never make to your local grocery stores shelves, but most grocery stores do have at least 9 different varieties of apples. Have you ever heard of a Grapple? A Grapple is a special hybrid that combines an apple and a grape into one fruit. There are many new and exciting types of fruits and vegetables coming into the marketplace. To correspond with this month's special observance we are asking you to be adventurous and try new and different kinds of fruits and vegetables. You may be pleasantly surprised. Eat up!!

Your Small Change: For this week, make sure that you try at least one new fruit that you have never tried before.

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 36

Your Small Change: For this week, make sure that you try at least one new fruit that you have never tried before.

1. Did you do this activity? (Circle number of days below)

Yes No

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.

