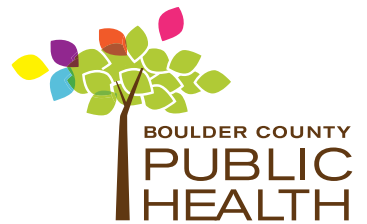
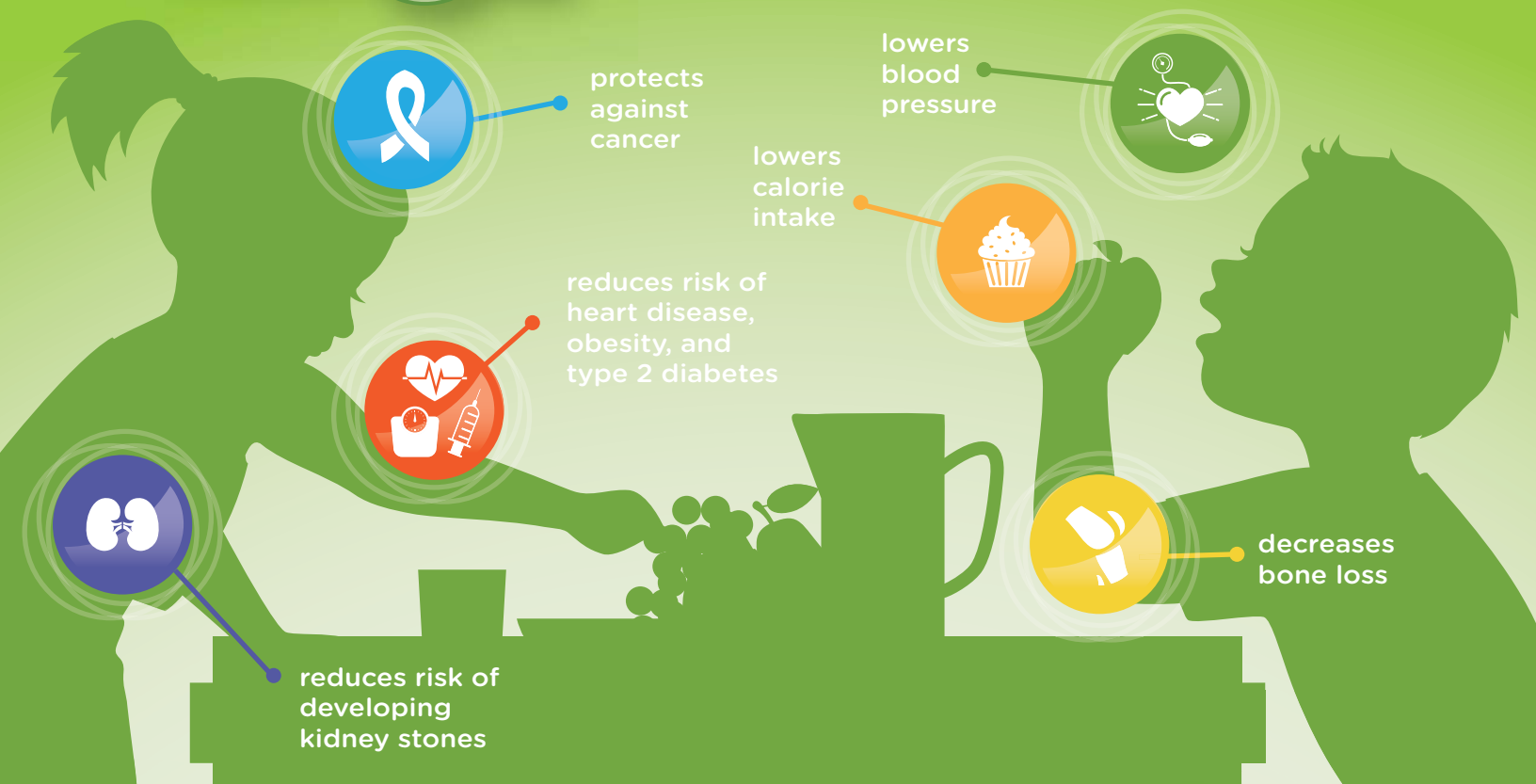


Fruit & Vegetable Consumption in Boulder County



Eating fruits and vegetables protects us from health problems



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

93%

45% of Boulder County adults are not meeting the recommended daily requirement.
BRFSS



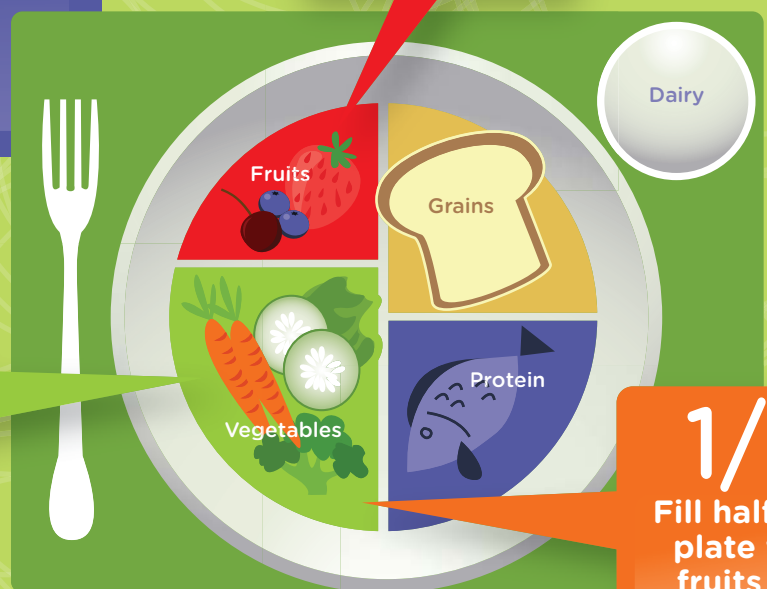
To stay healthy, children need a minimum of 5 servings of fruits and vegetables per day

2

or more servings of fruit per day

3

or more servings of vegetables per day



1/2

Fill half your plate with fruits and vegetables

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