

# In Your Community

*A healthy community helps individuals to make healthier choices in their day to day lives. There are so many ways to get involved and the best part is that anyone can make a difference and improve the health of their community!*

## Eat



### More Fruits and Veggies!

Include canned fruits and vegetables in your donations to emergency food programs (e.g. – food banks and food pantries).



### Healthier Events

Establish healthy food guidelines for potlucks and other community events, or bring a healthy dish to pass.



### Farm to Fork

Get involved in or shop at your local farmer's market or purchase a CSA share to get fresh produce year round!

## Move

Make use of local parks, trails and other areas with space for physical activity!



Replace one of your usual driving trips with a walking or biking trip!

## Connect

Participate in volunteer opportunities throughout your community. Not only can this decrease screen time, but also helps give back to the community and create a sense of pride and fulfillment.



Attend a City Council meeting to hear how your local policymakers are working toward solving these issues and express your thoughts about your community.

Join the movement at [www.live54218.org](http://www.live54218.org)