



## Color Your Palate FAQ

### **What is Color Your Palate?**

Color Your Palate is a 4 week tracker program that encourages participants to increase their fruit and vegetable intake. You receive a weekly newsletter with recipes, tips, and more!

### **Why aim for 5 servings a day?**

The number of servings for fruits and vegetables recommended by the United States Department of Agriculture (USDA) varies between 5-9 servings a day based on your age, gender, and activity level. The Color Your Palate program encourages participants to meet the goal of 5 servings a day; 2 servings of fruits and 3 servings of vegetables.

For more information on the number of fruits and vegetables the USDA recommends for you, visit <http://www.choosemyplate.gov/fruit> or <http://www.choosemyplate.gov/vegetables>.

### **How do I get points?**

If you are a Healthy Lifestyles participant, you need to average 5 servings (2 servings of fruit, 3 servings of vegetables) a day for 5 days a week, or a total of 25 servings weekly. If you met these requirements for all 4 weeks, you will earn 50 Healthy Lifestyles points when you complete the final survey!

### **Can I make up missed days?**

In order to receive points for the Color Your Palate program, you need to average 5 servings a day, 5 days a week. There is some flexibility in the program. If you have only 4 servings one day you may compensate by having 6 the next day.

### **How do I keep track of what I'm doing?**

A tracker will be emailed to you when the program begins on August 14<sup>th</sup>. All you need to do is remember to keep track of the servings you eat each day and check them off on the tracker!

### **Who can participate?**

Any Healthy Lifestyles participant (SLCo employees and spouses/adult designees) can participate in the Color Your Palate program to receive points. If you are not in Healthy Lifestyles, you are still welcome to participate and are still eligible for prizes, just not points.

### **How do I get more information on this program?**

Please email us at [MyHealthyLifestyles@slco.org](mailto:MyHealthyLifestyles@slco.org) for more information.

***\*Disclaimer: Eating fruits & veggies is necessary for great health, but be sure to ease into this program if your body is not used to having 5 to 9 servings a day. The overconsumption of fruits & veggies can cause bloating, gas, digestive problems, cramping, and loose stools.***