

Wellness Check-In Assignment: Eating your veggies!!!

1. Take a few minutes to record all the vegetables you've eaten this week. Write them down here:



2. Check-in. Are you eating vegetables daily? Twice a week? Not at all? Hmm!
3. What are your FAVORITE ways to eat veggies?

Access to Foods that Support Healthy Eating Patterns

What you eat matters and is a prognosticator for how healthy you are and will be. While often we can't control unhealthy things in our environment (e.g., pollutants), eating healthy food is something you have some control over (not completely, but some!).

Consider how you can make a commitment to eating vegetables on a regular basis.

1. How are ways you can plan ahead? E.g. cook and freeze meals on days off; green juice on the go.



2. (In class discussion.) Share some strategies with your peers. Share your favorite veggies too!

Veggie resources and recommendations (help me grow this list!):

1. [ASI Food Pantry](#) – University Union, Room 1246
2. [CARES Office](#)
3. **Farmer's Markets!!!**
Sunday mornings: W St &, 8th St, Sacramento, CA 95818

