



## WellNYS Everyday

WellNYS Everyday is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to choose to eat foods that are healthy for them and to be physically active. This initiative encourages employees to:

- Sign-up to receive the WellNYS Daily To-Do by email every day
- Run or walk your First or Next 5K
- Find out where to be physically active in New York State
- Celebrate your wellness success with “I Did It!”
- Engage in healthy behaviors while in your workplace
- Find a NYS Walking workplaces map
- Learn about Physical Activities in your region.

For more information go to:  
[oer.ny.gov/wellnys-everyday](http://oer.ny.gov/wellnys-everyday)

WellNYS Everyday is sponsored by NYS Work-Life Services.

### WellNYS Daily To-Do

# August 2023

Eat a variety of fruit and vegetables

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

### MONTHLY WELLNYS DAILY TO-DO'S

- September** Train your brain.
- October** Get to know your community.
- November** Give a compliment to someone today.

# August

## Eat a variety of fruit and vegetables

Once you've completed the To-Do, check the box!



WellNYS  
Everyday

- 1.** The August monthly WellNYS Daily To Do is to eat a variety of fruit and vegetables. Join us on Wednesday, August 9 at 12:00 noon for the wellness webinar "Build Healthy Meals". To register go to: <https://meetny.webex.com/weblink/register/rfd283b1a89b9230d4ed3e6b8e8eab21>.
- 2.** Variety is the focus of this Monthly Challenge. As you try different fruits and vegetables this month, keep in mind it doesn't have to be the first time you ever tried them. Just aim for variety. Take a vegetable you haven't eaten in a while and prepare it in a different way. You may find a new favorite to add to your weekly grocery list.
- 3.** Test your Nutrition IQ with two Kahoot questions: **1.** What gives carrots its orange color? **2.** What do fruits contain that make them so sweet? For the answers, go to <https://kahoot.it/challenge/009376046>.
- 4.** If you are making a dish with onions, you can also substitute shallots. They have a sweet and mild flavor, with a hint of garlic, and lack the strong flavor you get with onions. It can also count as a new vegetable.
- 5.** Fill a bowl with a variety of fruits such as bananas, apples, oranges, peaches, pears, plums, and apricots. Put it on your counter for an easy grab-and-go snack.
- 6.** There are over 1,000 different types of vegetables. Make a list today of how many different vegetables you regularly eat. Challenge yourself to try a new one today.
- 7.** What's your favorite summer vegetable from the garden? Is it potatoes dug from the ground or peppers hanging off their vines? Is it picking the ripe tomato or the odd shaped cucumbers?
- 8.** Edamame can be enjoyed as a snack or mixed with other vegetables. Try them steamed at home or look for it as an appetizer at a restaurant.
- 9.** It's hard to believe black beans and green beans are related. One cup of green beans has 31 calories, and one cup of black beans has 218 calories. Black beans have six grams of protein versus only 1.8 grams in green beans. Black beans and green beans are both high in dietary fiber and potassium. Enjoy both for lunch or dinner. <https://fdc.nal.usda.gov/>.
- 10.** Test Your Nutrition IQ with two Kahoot questions: **1.** True or False: Legumes, tofu, quinoa, and chickpeas are all vegetarian-friendly options. **2.** Which fruit is high in potassium? For the answers, go to <https://kahoot.it/challenge/007276469>.
- 11.** Too often we buy produce, and before long, it goes bad. The next time you get home from the store, cut up all your vegetables and store them in containers so they will be ready the next time you want to use them. It will save time and money.
- 12.** What childhood memory do you have when it comes to fruit or vegetables? Was it sliced watermelon in the backyard with your friends? Was it picking cherry tomatoes out of your grandparent's garden? Share this memory with a friend or family member.
- 13.** Cold summer soup is a refreshing choice in the summer. Go online and search for a gazpacho recipe. It's chilled tomato soup that can include cucumber, onions, peppers, and garlic.
- 14.** Pesto is traditionally made with basil, olive oil, pine nuts, parmesan cheese, and garlic. Substitute any of the following for the basil for a unique twist on the classic: sun-dried tomatoes, kale, spinach, parsley, mint, arugula, or beets.
- 15.** Strawberry salsa may just be your new favorite snack. Combine cut up strawberries, jalapeno, red onion, honey or maple syrup, lime, cilantro, and salt and pepper. Serve it with baked tortilla chips.
- 16.** Grilling is a great way to enjoy the following vegetables: zucchini, summer squash, onions, corn, asparagus, and mushrooms. Just brush the veggies with olive oil and season with salt and pepper.
- 17.** Test your Nutrition IQ with two Kahoot questions: **1.** True or False: Lettuce often has darker green leaves than spinach. **2.** Name the fruit that can be red, green, or purple and is found on a vine. For the answers, go to <https://kahoot.it/challenge/00681174>.
- 18.** The following citrus fruits need to be peeled to enjoy: Oranges, clementine's, mandarins, and grapefruits, but this is not true with the kumquat. Unlike every other citrus fruit, you can eat the entire fruit, peel, and all.
- 19.** Instead of putting lettuce on your hamburger, use the lettuce as the bun instead. Use iceberg, romaine, or butter lettuce.
- 20.** What are your favorite types of melon? Watermelon, honeydew, or cantaloupe? Which will you enjoy today, or which will you add to your grocery list?
- 21.** Grilling fruit brings out the natural sweetness and changes the taste. Before you put it on the grill, spray it lightly with cooking spray so it doesn't stick. Try peaches, plums, nectarines, pears, watermelon, or pineapple.
- 22.** The next time you visit the grocery store, purchase the following vegetables for a stir fry: garlic, shitake mushrooms, bamboo shoots, water chestnuts, baby corn, snow peas, and Bok choy. This is delicious, healthy, and quick to make.
- 23.** Check out this video on how to cut a watermelon with minimal waste: <https://www.youtube.com/shorts/orLaMAWjUy0>.
- 24.** Test your nutrition IQ with two Kahoot questions: **1.** True or False: Broccoli contains protein. **2.** Why are fruits so important to consume? For the answers, go to <https://kahoot.it/challenge/002025960>.
- 25.** Instead of flowers, grow lettuce. Organic lettuce costs up to \$5 a head at the grocery store. Did you know you can grow it easily on your patio or garden? Plant your seeds into a pot and water daily, within a few weeks, you'll have a salad. Pick it, and it will keep growing.
- 26.** Want an idea for a crispy, salty alternative to potato chips? Let's give kale chips a try! Kale is a nutrient-dense food, high in calcium, vitamin C, vitamin K, beta-carotene, and more. Drizzle some olive oil on the kale, sprinkle on some salt, and oven bake until dry.
- 27.** Pizza is a popular dinner choice on Fridays. For a new alternative, try a cauliflower dough pizza with roasted red peppers and artichokes added as toppings.
- 28.** Nothing says summer like corn on the cob. Grill it, boil it, microwave it, or eat it raw cut off the cob.
- 29.** What is your favorite vegetable? Is it in your fridge and are you having it today?
- 30.** This month was about variety. So often with fruits and vegetables we turn to our safe favorites. Try something new this week.
- 31.** Today is the last day of August. Have you been eating a variety of fruits and vegetables? Keep it going in September.

Number of days completed