

The Commit to Health Foods of the Month (FoM) Challenge!

As you likely know, *Commit to Health* includes a *Foods of the Month* (FoM) program that introduces children and adults to two (2) nutrient-rich foods each month (see table below). Check out monthly newsletters and fun activities about each FoM at www.nrpa.org/committohealth-foods.

In addition to these free materials, we created this **FoM Challenge** to encourage everyone to try each FoM. *Are you up for the Challenge?*! Create some competition with this Challenge – challenge your classmates, friends, and/or family members to try the two FoMs each month, at least three times during the month. Using the charts in the following pages, record what FoM you tried, how it was prepared, and how you liked it and/or would try it differently next time. Share it with us!



Foods of the Month













Park and recreation agencies across the country are creating healthier communities by implementing the Healthy Eating, Physical Activity (HEPA) standards through NRPA's Commit to Health campaign. Join the movement and encourage your community to eat healthy and get moving with NRPA's nutrition literacy curriculum, *Commit to Health: Foods of the Month*. The curriculum contains monthly lesson plans, posters, coloring and activity pages, experiential activities and fun ways to get active! Start using these free and downloadable resources today!

January		February		March		April	
Cruciferous Vegetables <small>[kroo-sif-er-uhs]</small> 	Legumes <small>[leg-yoom, li-gyoom]</small> 	Oils and Good Fats 	Water 	Stems 	Fish & Other Seafood 	Fresh Herbs & Spices 	Salad Greens 
May		June		July		August	
Eggs 	Fresh Beans 	Berries 	Peppers 	Tropical Fruits 	Melons 	Stone Fruits 	Summer Squash 
September		October		November		December	
Whole Grains 	Tomatoes 	Apples & Pears 	Winter Squash 	Lean Meats 	Root Vegetables 	Reduced Fat Dairy 	Nuts 

The Foods of the Month Challenge!

Check out the information about the *delicious and nutritious Foods of the Month (FoM)* at www.nrpa.org/committohealth-foods. We would like to challenge you, and your family and friends, to a **try each FoM 3 times per month as part of our FoM Challenge!** Copy this page for everyone in your Challenge, encourage them to complete the table below, and share results with each other via text, Instagram, Facebook (snap a picture), or the old way, in person! We hope you will see just how yummy these nutritious FoMs can be, and perhaps you'll continue eating them after the Challenge ends!

December

Date FoM Tried	FoM	Describe how FoM was prepared (what recipe? raw, etc.)	Who did you have the FoM with? (family, friends, etc.)	Comments about the experience (how you/others enjoyed it, what other way would you like to try the FoM, etc.)
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Reduced Fat Dairy</p>  </div> <div style="text-align: center;"> <p>Nuts</p>  </div> </div>			
	<div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>Reduced Fat Dairy</p>  </div> <div style="text-align: center;"> <p>Nuts</p>  </div> </div>			
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Share your experiences using #CommittoHealth and by tagging NRPA!

@National Recreation and Park Association (Facebook), @NRPA_news (Twitter) and @nrpa (Instagram)