

School Gardens Help Students Get More Fruits and Vegetables

Everyone knows the old saying, "An apple a day keeps the doctor away." Now research is indicating that healthy students are better learners, too. A significantly higher proportion of high school students who ate 5 or more fruits and vegetables a day (81%) got A's and B's in school than students who ate less than 5 fruits and vegetables a day (79%). [More...](#)



Food is Medicine: Pilot Project Fills the Prescription

We all tend to listen a little closer when a health care provider suggests we make lifestyle changes to improve health, such as increasing physical activity or making healthier food choices. However, when money is tight, healthier eating, especially eating more fruits and vegetables, can be challenging when these items appear to be more expensive than less healthy options. Vermont is currently piloting a program to address this challenge.

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