

5-A-Day in 5 Years!



Goal: **More** Oklahomans Eating 5 Servings
of Fruits/Vegetables Every Day by 2012

Currently, less than 25% of Oklahomans eat the recommended amount of fruits and vegetables

Nutrition and Health

Problems

- Not Eating Fresh Fruits and Vegetables
- Poor Nutrition and Obesity
- Cost of Diet-related Illnesses

Solutions

- Fruits and Vegetables Grown in Oklahoma
- Farmers' Markets, Gardens
- Healthy Workplace Programs

Farm Fresh for Health!



Excerpted from the Kerr Center Centennial Report:
Closer to Home: Healthier Food, Farms, and Families in Oklahoma. The full report is available on the Kerr Center website, www.kerrcenter.com or by calling 918-647-9123.



This project is supported by the Community Food Projects Program of the USDA Cooperative State Research, Education and Extension Service, grant # 2004-33800-15141