

Working on Wellness

Monthly wellness from the SD Department of Health
Office of Chronic Disease Prevention and Health Promotion



Fruit and Veggie Awareness Month

Make the most of summer produce while it is still available. [2020 Fruits & Veggies - More Matters@ Month](#) provides you with health benefits of eating fruits and vegetables. If you are looking for healthy recipes, visit [MyPlate Kitchen](#). Take the [fruit and vegetable quiz](#) if you dare!



Daily Vegetable Recommendations?

Women	19-30 yrs	2 ½ cups
	31-50 yrs	2 ½ cups
	51+ yrs	2 cups
Men	19-30 yrs	3 cups
	31-50 yrs	3 cups
	51+ yrs	2 ½ cups



Daily Fruit Recommendations?

Women	19-30 yrs	2 cups
	31-50 yrs	1½ cups
	51+ yrs	1½ cups
Men	19-30 yrs	2 cups
	31-50 yrs	2 cups
	51+ yrs	2 cups



Black Hills & Badlands Tourism Association

September is Fruit and Vegetable Awareness Month! Highlighted here is Black Hills & Badlands Tourism Association as one of their grant initiatives involved building raised garden beds.



LIVING HEALTHY WORKS.

GOOD&HEALTHY SOUTH DAKOTA WORKPLACES

WORKWELL Partnership Summit

To View Completed Sessions Visit:

[Good & Healthy SD](#)

The WORKWELL Summit was hosted virtually this year that included a 6-week webinar series beginning on August 4th.

The last two sessions are:

September 1: Face It Together

September 8: Closing Keynote "Vision of Hope"

[REGISTER HERE](#)