

# Working on Wellness

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



**SEPTEMBER IS NATIONAL FRUITS & VEGGIES MONTH**  
#HAVEAPLANTPLEDGE  
#HAVEAPLANT #NFVM2021

Did you know that September is National Fruits & Veggies Month? And that this is uber important because we are right in the middle of a fruit and vegetable consumption crisis? Sounds major, right? Well it is.

Celebrating the importance of produce in our lives is a no-brainer. But, many of us need help actually making it happen. So we'll throw out some tips and tricks to get you started!

**Think of how many times you eat per day.** What if you worked fruits and/or veggies in just 1-2 of those times?

**Find what works for you and create your fruits and veggie habits.** Everyone is different and what works for you may not work for your parents, best friend, coworker, or neighbor. So, the first step is trial and error to figure out what ways are good for you. Then, keep up the good work!

**There's no right or wrong way to Have A Plant®!** Fresh is great, for sure, but, it's not the only way to score some fruits and veggie credit! Here are some ideas you can try throughout the day:

- ◆ Adding dried fruit to oatmeal for breakfast is a great way to add flavor and nutrition, as well as feel full for a while after.
- ◆ Did you know cereal is one of the most frequent ways people enjoy fruit? Consider pairing fresh fruit with cereal for a quick and easy, plant-packed breakfast, snack – or heck, even dinner!
- ◆ Throw frozen berries in with your yogurt for a snack.
- ◆ Think salads are just all about the veggies? Canned fruit makes for a sweet complement to your favorite greens and pickled veggies can add a twist you won't forget!
- ◆ Low on time for dinner prep? Throw some canned tomatoes, beans, ground meat, and your go-to spices into a crock pot or Instapot and come home to a house that smells great and dinner that's ready for the table.

## Suicide Prevention Awareness Month!

### NAMI HelpLine

M – F, 10 a.m.–8 p.m., ET  
800-950-NAMI (6264)  
or info@nami.org



LIVING HEALTHY WORKS.  
GOOD & HEALTHY SOUTH DAKOTA WORKPLACES

### INFORMATIONAL RESOURCES:

- ◆ [Know the Warning Signs and Risk Factors of Suicide](#)
- ◆ [Being Prepared for a Crisis](#)
- ◆ [Navigating a Mental Health Crisis](#)

Need more information, referrals or support? Contact the [NAMI HelpLine](#).

Join the **2021 WorkWell Summit!**

Tuesday, September 14th from  
11:00 a.m.—3:45 p.m. CT

The day long event will be offered through Zoom platform with no cost to participate. [Register Here](#)