

JUNE CHANGE IN HABIT

- Choose at least ONE of the 4 actions below to complete during June
- By June 1, report that you completed one of the actions for a chance in the monthly and end of series drawings.
- We encourage you to report your activities using the online form at http://library.stillwater.org/simple_steps_to_better_health.php.
- Or, you may report in person at the Help Desk, phoning 405-372-3633 x8106, or emailing askalibrarian@stillwater.org.
- At the same time, you can report that you completed your self- evaluation health form.
- The self-evaluation is now also online on the same webpage. Or, you may also turn in a hardcopy to the Help Desk or email it to askalibrarian@stillwater.org.

Habit 1 – For 1 week add one vegetable to lunch and dinner

Add your favorite vegetables to your favorite meals. You can add vegetables to casseroles, pasta dishes, sandwiches, and more. For example you could add a can of tomatoes, or an onion, or a bell pepper to your favorite pasta and sauce dish.

Habit 2 – For 1 week eat only fruits and vegetables as snacks

Consider keeping a fruit bowl in your house. Snack on an apple or a banana when you are hungry. Bring celery sticks and baby carrots with you to work for a healthy snack. Use peanut butter, yogurt, or ranch as a dipping sauce to make your snack tastier.

Habit 3 – For 1 week have half your plate consist of vegetables

Eat typical portioned meals and build a side dish around your favorite vegetables. For example rice and vegetables make an excellent side dish. Choose your favorite rice and vegetables and mix however you like. For example mix brown rice with peas, onions, and carrots.

Habit 4 – For 1 week, eat a piece of fruit as a substitute for a dessert.

Instead of eating pastries or ice cream, consider fruit as an alternative. Fresh fruits and low fat dairy products make satisfying desserts. Fruit salad is another excellent choice. Choose your favorite fruits and dairy products and create a dessert from there.

Suggestions are from <https://www.eatforhealth.gov.au/eating-well/tips-eating-well/healthy-meal-and-snack-ideas>

BONUS

Receive and BONUS POINT by ALSO completing a healthy habit change from February, March, April, or May that is different from the one you choose above.