

HEALTHY CHOICES

The Winter Park Health Foundation's Healthy Central Florida Program has partnered with the City of Winter Park to promote healthy food choices in a unique and eye catching way!



With diabetes, heart disease and obesity on the rise, Healthy Central Florida wanted to attract attention for and promote healthy food consumption by using larger-than-life sized carrots that would "sprout up" at different locations around town. They're paired with eye-catching signs with fun sayings like "Veg out!" The carrots originally debuted at local elementary schools during nutrition week - reminding kids to eat their veggies and showing them that eating healthy is good for you and lots of fun.

Lately the carrots, strawberries and pineapples have been used in conjunction with their popular "blender bike" which requires human pedal-power to make fresh fruit smoothies. This is all part of Healthy Central Florida's goal to make getting healthy fun -- and to make our communities the healthiest in the nation.

Be on the look out for the different fruit and veggies sprouting up around town. When you see one, take a picture with it and upload it to Facebook.com/HealthyCentralFlorida <<http://facebook.com/HealthyCentralFlorida> and tell us why you love fruits and veggies.

