



Time to Brighten Your Plate!

This summer challenge will add color to your plate and improve your health. A different color of produce will be featured each week. Your goal is to consume at least one fruit and one veggie of that color each day. You will receive:

- *Fruit & Veggie Tracker*
- *Weekly tips from the dietitian*
- *Live weekly cooking demonstrations | [Fridays / 12-12:30 pm](#)*
- *Weekly emails with links to recipes, healthy cooking tips & more!*

Who

When

Sign Up

Questions

All Creighton employees and their families

June 5 – July 16, 2020

[Click here](#)

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