

Empire Baptist Missionary Convention of NY, Inc.

*Reverend Dr. Carl L. Washington Jr., Convention President
Reverend Dr. Elgin Joseph Taylor Sr., Convention Vice President @ Large
Reverend Dr. Frank Bostic, General Secretary*

**EMPIRE B.E.A.T.S. OBESITY
HEALTH INITIATIVE**

Strive for
5+

**FRUITS AND VEGETABLES
CHALLENGE**

*Reverend Sandra Baker, Program Coordinator
Reverend Dr. Elgin Joseph Taylor Sr., Assistant Program Coordinator*

**EMPIRE
B.E.A.T.S.
OBESITY**



Empire Baptist Convention of New York, Inc.
EMPIRE
Empire Valley North Hudson Hudson River
Central Hudson - United - Eastern
Great Lakes - Northeastern

The mission of Empire B.E.A.T.S. Obesity – **Strive for 5+ Fruits and Vegetables Challenge** is to encourage an increase of consumption of fruits and vegetables for all our Empire delegates. We recognize that our African American communities are faced with significant health problems, including chronic diseases such as heart disease, which is the leading cause of death in New York and the nation. Many of these problems result from people being less physically active and more overweight.

Research proves that eating at least five portions of fruits and vegetables each day has real health benefits. Want to lower your risk of cancer, stroke and heart disease? Take the challenge! Strive to eat five or more servings of fruits and vegetables each day. With fewer calories, and more fiber than other foods, fruit and vegetable consumption is a great way to control your weight. Since no single fruit or vegetable can provide all the nutrients you need to stay healthy, try to eat a “rainbows” worth of produce every day.



TAKE THE CHALLENGE!

STRIVE FOR 5+

FRUITS & VEGETABLES CHALLENGE
Sunday, July 31, 2022 – Sunday, August 29, 2022

How it works

The challenge provides an incentive to eat five or more servings of fruits and vegetables each day.

For each serving of fruit or vegetable that you eat, you will receive one point. You can earn up to nine points total per day. Your goal is to consume at least **70** servings (points) during each two-week session (July 31 – August 13; August 14 – August 27), with each serving worth **one point**.

Points are calculated in the following manner:

5 servings x **7** days = **35** servings for the week

35 servings per week x **2** weeks = **70** servings

Participant Guidelines

- Each participant will track the number of fruits and vegetables eaten per day on the Strive for 5+ Tracking Form and report their two-week total to their Church Health Team Representative.
- The Church Health Team Representative will report the two-week results to their Regional Health Coordinator.
- All participants are encouraged to attend the “I Accepted the Challenge” event scheduled for Monday, August 15, 2022 and Monday, August 29, 2022 at 7:00 p.m. via Zoom.

Complete the Challenge!

All participants who meet and/or exceed the goal of at least 70 servings (points) during each two-week session will be entered into a drawing to receive a 1st, 2nd, or 3rd place prize.

1st place prize

Air fryer or George Foreman grill

2nd place prize

Blender

3rd place prize

Gift card for bags of fruits and vegetables



Tips to help you get more fruit and veggies into your day.



FRUIT AND VEGGIE SNACKS

We encourage you to snack on fruits and veggies. If like me, you're a snacker, it's okay, just try swapping out those not so healthy snacks for some quick and easy fruit and veggie snacks.

TIP: Have fruit ready to grab and go. Obviously things like apples and bananas are great but you can also do things like peeling some oranges and leave them in a bowl in the fridge. Do you love oranges but hate peeling them. What if you cut about 6 in one go and leave them in the fridge. Also cut up some veggie strips such as cucumber, carrot, peppers to snack on whenever you want.

Boost your veggie intake for better health. Have veggie sticks made up in the fridge ready to snack on when you need something.

ADD VEGGIES TO EVERY MAIN MEAL

Fill half your plate with veggies.

A bonus tip, go for at least 2 different colors, such as carrots and broccoli.

FRUIT BOWLS FOR BREAKFAST

Start your day with fruit. Whether that's adding berries to your yogurt or oats or just a delicious bowl of chopped fruit in a bowl. It's all good!

FRUIT FOR DESSERT

Do you love a dessert? Now you can try to plan healthy desserts and fruit can be a favorite.

SOUPS

Great for adding in loads of extra veggies.

SMOOTHIES SAVE THE DAY

If you're not great at getting in your 5 or more fruits and/or vegetables a day, then this could be a great option for you.

PLAN AHEAD

One of the things that has the biggest impact on what you eat throughout the day is planning.

Here's an idea of how to get your 5+ a day of fruits and vegetables:

Breakfast: Add a handful of mixed berries to your oats or a banana with your yogurt.

Snack: A slice of rye bread with mashed avocado or sliced apple sprinkled with cinnamon and a dip of nut butter.

Lunch: Vegetable soup. Add some salad to your sandwich. Mix up a nice salad bowl.

Snack: Mixed nuts and dried fruit

Evening Meal: Shepherd's Pie

Evening Snack: Veggie sticks and a small pot of hummus.

Empire B.E.A.T.S. Obesity Team

Reverend Sandra Baker
Program Coordinator

Reverend Dr. Elgin Joseph Taylor Sr.
Assistant Program Coordinator



Regional Health Coordinators

Buffalo

Lady Valerie Bostic | Pilgrim Baptist Church
iamhannah43@hotmail.com

Rochester

Lady Polly Cherry | Antioch Baptist Church
pcherry343@yahoo.com

Sister Karen Lee Byfield | Aenon Baptist Church
kleebyfield@gmail.com

Syracuse

Sister Natalie Roane | Tucker Baptist Church
natkapro@aol.com

Capital Region

Dr. Juanita Edwards | Union Baptist Church
jedward9@nycap.rr.com

Westchester

Sister Alice Armwood | Mt. Lebanon B. C.
armstrong644@aol.com

Harlem, Bronx, Manhattan

Sister Alice Holloway | New Mt. Zion B. C.
nurseholloway@aol.com

Queens

Min. Kevin Tolbert | Bethany Baptist Church
bigkevrn@aol.com

Brooklyn

Reverend Lemuel Mobley &
Sister Danita Jordan | Living Stone B. C.
mobleylsbc@gmail.com
danintajord@aol.com

Long Island

Deaconess Dr. Rosalyn Johnson | St. John's B. C.
rosalynjohnson@gmail.com