

WHAT YOU SHOULD EAT

MORE — OR — LESS

FARMS

Foods grown or raised with care and minimally processed



FACTORIES

Food manufactured, produced, and packaged



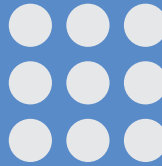
VARIETY

Food of all shapes, sizes, and colors



MONOTONY

No single food has everything your body needs



PLANTS

Vegetables, leafy greens, fruits, beans, mushrooms



MEAT

Cut back on meat for a healthier body and planet



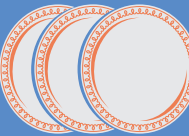
MODERATION

Eat only when you're hungry until you're less than full



EXCESS

Don't eat too often one serving is enough





Vision Statement:

We are a community committed to supporting a culture of health

Mission Statement:

Lead and support a culture of health in the Savannah area by:

- Creating an environment that makes a healthy choice an easy choice,
- Building a collaborative network that identifies and shares resources,
- Collecting and disseminating information,
- Promoting best practices and supporting innovative programs, and
- Advocating for effective policies.

www.healthysavannah.org

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Healthy Savannah – Get Up, Get Out, Get Healthy



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IT TAKES SMALL STEPS TO ADOPT HEALTHY HABITS – please write down one specific thing that you will do for the next month to be healthier. Once you have that one down pat – start another!