

Federation Friday

Volume 1, Issue 10



GFWC-NC is calling and I must go

Friday's Focus: Fruits & Veggies – More Matters and Membership

"Fruits & Veggies – More Matters" Month

Make A Difference

September is the perfect time to encourage members, family and friends to eat more fruits and veggies. People who eat a healthy, balanced diet with plenty of fruits and vegetables can help lower their risk of heart disease, Type 2 diabetes, some types of cancer, obesity, high blood pressure and more!

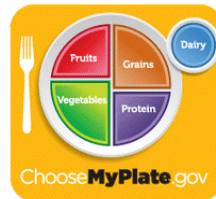
Beyond their ability to reduce the risk of illness, fruits and vegetables are low in calories, high in fiber, and rich in vitamins and minerals. They are nutritious in any form: fresh, frozen, dried, canned and 100% juice. Make a difference: Spread the word about healthy eating and encourage communities, organizations, families, and individuals to join in the fun, improve their health and get involved. <https://www.fruitsandveggiesmorematters.org/>

HEALTHFINDER.GOV offers a toolkit with information and ideas – click on:

<https://healthfinder.gov/NHO/SeptemberToolkit2.aspx>

Here are a few ideas to help you and your family fit more fruits and vegetables into your day:

- *Keep a bowl of fruit handy where the whole family can see it.*
- *Cut up fruits and veggies ahead of time so they're ready for quick, healthy snacks.*
- *Challenge your family to try a new veggie or fruit every week.*
- *Plan to prepare and share a new healthy recipe together once a week.*



Start with small changes

www.choosemyplate.gov/start-small-changes

Develop an eating plan

www.choosemyplate.gov/MyPlatePlan



GFWC's "UNITED BY OUR DIVERSITY" Campaign

Summer was the RETENTION season, and we're transitioning to the **Fall RECRUITMENT season**. As you gear up for a busy Fall, be sure to set some recruitment goals for September, October and November. Share your membership success and help GFWC track our goal of increasing membership 20% by 2020.

"That whatever our personal opinions are, whatever you think of the question, we are to think first of the LIFE of the General Federation; because in it is the great thought of fellowship and fraternity among women that is to bring us closer and closer to the millennium." – Jane Cunningham Croly

It is important to remind club members why GFWC is important to all of us. Consider holding a GFWC Refresher this fall to keep the Federation fresh in everyone's mind. There are great ideas in the CONDUCT A GFWC FEDERATION REFRESHER beginning on page 4 of the Membership Advancement Guide.

<https://www.gfwc.org/membership/recruitment-campaigns/>