

Join Get Healthy CT for the 6<sup>th</sup> Annual Event in Honor of National Dance Day

# Family Fitness Day 2018



**SATURDAY,  
July 28**

**11:00 AM-2:00 PM**

**Paradise Green in Stratford**  
(Corner of Main St & Huntington Rd)

**Come prepared to get up and moving!**  
Join in the fun with interactive performances by local dance studios, fitness demonstrations, family-friendly activities & much more!

Free Prize  
Drawings &  
Healthy  
Snacks!

Pop-Up  
Produce  
Market with  
Items for  
Sale

Free  
Zumba,  
Yoga,  
Dancing,  
Music &  
More!



Please bring a healthy food donation item to benefit a local food pantry.  
See donation list on the back of this flyer for healthy food donation ideas.



Visit [www.GetHealthyCT.org](http://www.GetHealthyCT.org)

# Healthy Food Donation List



## Fruits

- Canned fruit in 100% fruit juice or water
- Applesauce, unsweetened
- Dried fruit, such as raisins & prunes
- 100% fruit juice



Use the nutrition facts label to determine how much:

- Saturated Fat
- Sodium
- Dietary Fiber
- Sugar



## Vegetables

- Canned vegetables, no salt added (Sodium 140mg or less)
- Canned tomatoes, no salt added (Sodium 140mg or less)
- Tomato sauce, no salt added (Sodium 480mg or less, Sugar 8g or less)
- Spaghetti sauce, low sodium (Sodium 480mg or less, Sugar 8g or less)
- Salsa (Sodium 140mg or less)



## Whole Grains

- Whole grain or whole wheat pasta
- Brown rice, wild rice or quinoa
- Oatmeal or whole grain cream of wheat, unflavored
- Whole grain crackers (Fiber 3g or more)
- Whole wheat or corn tortillas, non-refrigerated (Fiber 3g or more)
- Whole grain cereal (Sugar 6g or less, Fiber 3g or more)
- Popcorn, kernels or microwave 94% fat free



## Dairy

- 1% Low fat or fat free milk, shelf-stable (such as Parmalat), dry, evaporated
- Soy milk, non-refrigerated, unsweetened



## Combination Foods

- Soups, stews or chili (Sodium 480mg or less)
- Broth or stock, unsalted, or low sodium (Sodium 140mg or less)
- Mac & cheese, whole grain



## Beverages

- Tea bags
- Coffee
- Water, seltzer, unsweetened



## Proteins

- Peanut butter
- Canned beans, peas, lentils, no salt added or low sodium (Sodium 140mg or less)
- Dried beans, peas, lentils
- Canned tuna, salmon, chicken or sardines in water, low sodium
- Nuts or seeds, unsalted



## Condiments & Oils

- Lite salad dressings
- Vinegar
- Vegetable, olive, or canola oil
- Dried herbs and spices
- 100% fruit spread



### Helpful Hints:

- Choose pop-top lids
- Check food expiration dates

