

Challenge Results – Congratulations to all!



Participation Top 5 Departments	Before the Challenge Started	After the Challenge Ended
<ul style="list-style-type: none"> 1. Health 2. Retirees 3. Education 4. University of Hawaii 5. Attorney General 	<p>23% of participants said that they eat 3 or more fruit servings each day.</p>	<p>53% of the participants reported that they now eat 3 or more servings of fruit per day.</p>
<ul style="list-style-type: none"> City and County of Honolulu County of Hawaii Human Services 	<p>29% of participants indicated that they eat 3 or more servings of vegetables each day.</p>	<p>71% of the participants reported that they now eat 3 or more servings of vegetables per day.</p>

What participants said about the challenge!

- » A good reminder to eat more produce; I thought I ate a lot of produce until I started tracking it.
- » I became more conscious of what a serving size is. The program made me EAT MORE PRODUCE, which is a wonderful thing.

Produce Servings Logged Each Week	
Week 1:	770
Week 2:	677
Week 3:	564
Week 4:	501
Total:	2,512