PROJECT GET FIT! ATTENTION YMCA MEMBERS AGES 5-18!

Want to receive "Healthy Bucks" for leading a healthy lifestyle, volunteering or participating in art related activities at the YMCA?

WHAT IS THE PROJECT GET FIT PROGRAM AND HEALTHY BUCKS?

The Project Get Fit Program is funded through a generous grant from Blue Cross Blue Shield and the Illinois Department of Agriculture. The goal of the program is to educate our youth on the importance of incorporating fresh fruits and vegetables into their everyday diets for overall health and well-being. The grant creates an incentive program with "Healthy Bucks". Each buck is worth $1 that can only be spent on fresh fruits and vegetables at the Illinois Products Farmers Market.

WHERE CAN I REDEEM?

The Illinois Products Farmers Market is located on the Illinois State Fairgrounds across from the Grandstand. The market is open seasonally every Thursday evening from 4-7 pm from May 9 to October 17, 2013. LINK cards and Farmers’ Market Nutrition Program Coupons are also accepted.

HOW CAN I RECEIVE HEALTHY BUCKS?

The YMCA is developing incentive guidelines for members ages 5-18 to receive Healthy Bucks – ask your YMCA instructors for more information.

[Image of fruits and vegetables]