



MyPlate MyWins

Enjoying local foods

Enjoy local foods and flavors as part of your healthy eating style. Choose foods from local farms or grow your own garden.



Try something new

Find fruit and veggies that aren't in a grocery store at a farm stand or farmers market. Challenge yourself with a new ingredient.



Ask for tips

Not sure how to prepare it? Farmers know delicious ways to use their products and are a great resource for food prep tips and recipes.



Grow your own food

Get the family involved with gardening. Start small with a window herb box or plant fruits and vegetables in a container or the yard.



Visit a farm

Go with friends or family to a "pick-your-own" farm or orchard. Get active while learning where your food comes from.



Get it delivered

Short on time? Produce delivery services can be found in most States. Sign up to get farm-fresh ingredients delivered to your door.



List more tips
