

## New Get Fresh! program provides seasonal produce, healthy recipes and tips

Get Fresh! is a seasonal foods program that aims to increase availability, accessibility, and consumption of fresh produce on campus. Get Fresh! is extremely cost effective for students, faculty and staff. Participants\* receive a re-useable Get Fresh! Tote. They fill their tote with seasonal fruit and vegetables every Tuesday. Recipes and educational resources are included in each weekly pick up. Get Fresh! is sponsored by Campus Recreation and McKinley Health Center. Continue reading to get more information about this exciting new program:

- **When:** Every Tuesday between 1pm and 4pm at the ARC Instructional Kitchen. September 19 – October 24, 2017
- **Where:** Activities and Recreation Center Instructional Kitchen
- **Cost:** \$50 for Campus Recreation members. \*Currently this program is for Campus Recreation members only
- **Register:** Register in person at ARC or CRCE Member Services during open hours.
- **For more info:** Contact Alana Harris at [apharri2@illinois.edu](mailto:apharri2@illinois.edu) or visit the [Campus Recreation website](#).