Frequently Asked Questions

WHAT is the GOAL? To make healthier snack choices AND eat more fruits and vegetables. This is a simple challenge to encourage you to focus on healthier snacking habits for 6 weeks. Each day you are to try to choose a fruit or vegetable instead of a less healthy snack.

WHEN? Wednesday, September 25 through Tuesday, November 5

HOW? Go to: http://studenthealth.uiowa.edu/go-bananas
   ◊ Register for the program
   ◊ Review the helpful tips
   ◊ Print the tracking form

WHY? Statistics show that Americans lack fruits and vegetables in their diets. At the UI, only 4% of students eat the recommended 5 servings of fruits and vegetables per day and only 30% eat 3-4 servings per day.

Replacing less healthy snacks with fruits and vegetables increases fruit and vegetable intake and can have a big impact on health. It can reduce intake of fat and salt, increase vitamin, mineral and fiber intake.

Practicing this healthier behavior for 6 weeks can help you make it a habit!

I REGISTERED, BUT HAVEN’T RECEIVED ANY EMAILS ABOUT THE PROGRAM: Occasionally the email address is typed in incorrectly on the registration form. Please contact JoAnn Miller (joann-miller@uiowa.edu) if you have not received any email information about the program by Sept. 24. There may be a problem with the information entered on the registration.

WHERE DO I TURN IN MY LOG FORM? You are not required to turn in the log form, it is for your tracking purposes. However, we are offering a prize drawing for those who wish to turn in their log forms. You may drop it off at the desk in the Wellness Services office at the CRWC, campus mail or send it electronically to JoAnn Miller, 4189 WL (Westlawn), joann-miller@uiowa.edu.

EASY: Once a day eat a fruit or vegetable snack.

CONVENIENT: Register by email, Print a log form, Track your progress, Receive weekly email updates, Go to the “Go Bananas” website if you need more information or support, Report your progress by emailed survey.

EARN PRIZES: Complete the final evaluation by email and receive a water bottle OR an EZ-cool container OR a gym towel.

HOW DO I GET MY PRIZE? Complete the evaluation that is emailed to you during week 6. When the evaluation is completed, you will receive an email with instructions on how to pick up your prize.

Register:
http://studenthealth.uiowa.edu/go-bananas

Questions: JoAnn Miller
joann-miller@uiowa.edu
319/353-5966