Make Every Bite Count

JOIN THE CHALLENGE: APRIL 3 - MAY 15

Join this 6-week email challenge for tips, strategies, recipes and support for adopting healthy behaviors that you can use for a lifetime.

Challenges will focus on topics related to practicing healthy eating habits including eating mindfully, healthy cooking, enjoying fruits and veggies, and sustainability.

SIGN UP at surveymonkey.com/r/everybite

Complete the final survey to enter a raffle for prizes including an Instant Pot, Spiralizer, and more!

Questions?
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