Healthy Destinations:

* **Start a Garden** – Harvest your own fresh fruits and vegetables in your backyard, community garden or in your own pot on the patio.

- Horticulture fact sheets: [https://extension.illinois.edu/global/fact-sheets](https://extension.illinois.edu/global/fact-sheets)
- Get your gardening questions answered here: McHenry County Extension Master Gardener Hotline  Phone: 815-338-3737 / Email: uiemg-mchenry@illinois.edu

### COMMUNITY GARDEN RENTALS in MCHENRY COUNTY

<table>
<thead>
<tr>
<th>Park District</th>
<th>Location</th>
<th>Plot Size</th>
<th>Plot Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cary Park</td>
<td>255 Briargate Rd, Cary, IL</td>
<td>20X30 plots</td>
<td>$42-$75</td>
</tr>
<tr>
<td>Hoffman Park</td>
<td>847-639-6100</td>
<td></td>
<td></td>
</tr>
<tr>
<td><a href="https://www.carypark.com/rccms/community-gardens/">https://www.carypark.com/rccms/community-gardens/</a></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Crystal Lake Park District</td>
<td>Hill Farm Acres, 695 Barlina Rd, Crystal Lake Ave.</td>
<td>20X40 plots</td>
<td>Nonresidents $55 / Seniors $40 / Residents $40 / Seniors $25</td>
</tr>
<tr>
<td></td>
<td>Register at CL Park Dist Admin Office, 1 E Crystal Lake Ave.</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>815-459-0680 ext 1211</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="https://www.crystallakeparks.org/community-garden-plots">https://www.crystallakeparks.org/community-garden-plots</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Lake in the Hills</td>
<td>Public Works property off Halligus Rd.</td>
<td>20X20 plots</td>
<td>$30 for residents and seniors, $40 for nonresidents, $28 for nonprofits</td>
</tr>
<tr>
<td></td>
<td>Plots will be available on a first-come, first-served basis - register at Village Hall, 600 Harvest Gate 847-960-7460</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><a href="https://www.lith.org/parksrec/page/community-garden-plots">https://www.lith.org/parksrec/page/community-garden-plots</a></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Woodstock Community GREEN Garden</td>
<td><a href="https://www.woodstockil.gov/publicworks/page/woodstock-community-greens">https://www.woodstockil.gov/publicworks/page/woodstock-community-greens</a></td>
<td>4X12 ft bed</td>
<td>$40</td>
</tr>
<tr>
<td></td>
<td>on Castle Rd near Waterleaf Ln, Woodstock</td>
<td>2 beds $60</td>
<td></td>
</tr>
<tr>
<td></td>
<td>4X8 ft bed</td>
<td>$30</td>
<td></td>
</tr>
<tr>
<td></td>
<td>2 beds $50</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

* **Discover new fruits and vegetables** – Try a new fruit or vegetable each week for a month.

- General list of McHenry Co. Farmers Markets: [https://www.visitmchenrycounty.com/Farmers-Markets](https://www.visitmchenrycounty.com/Farmers-Markets)
- IL Food Action Summit: [https://4h.extension.illinois.edu/events/food-action-summit](https://4h.extension.illinois.edu/events/food-action-summit)
- Learn more about fruit and vegetable recipes: [Have A Plant: Fruit & Veggie Inspiration](<outreach@pbhfoundation.org>)
**Reduce sugar intake** – Lower your daily sugar intake for a week, then a month, then look out!


- A fun way to learn more about nutrition: [**MyPlate | U.S. Department of Agriculture**](https://www.choosemyplate.gov)

- Track Your Food: Use paper and pencil or an app on your phone (My Fitness Pal, Fooducate)

- Learn to read labels: [**Quick Tips for Reading the Nutrition Facts Label**](https://www.fda.gov) [fda.gov](http://fda.gov)

- Make good choices when eating out: [**Food Nutrition Facts and Free Calorie Counter | CalorieKing**](https://www.calorieking.com)

- Learn easy ways to reduce your family’s added sugar intake: [**Learn How to Reduce Your Family’s Added Sugar Intake**](https://www.cdc.gov/diabetes/public/lifestyle/sugars/index.htm)

- Want to know more about added sugars? Get the scoop: [**The Scoop on Added Sugars**](http://www.eatright.org)

---

* **Walk or Bike**- Discover a new trail in McHenry County.


* **Get Moving**- Attend an event or join a class at your local recreation organization

- [**www.ci.mchenry.il.us**](http://www.ci.mchenry.il.us) McHenry Parks and Recreation
- [**www.crystallakeparks.org**](http://www.crystallakeparks.org) Crystal Lake Park District
- [**www.johnsburg.org**](http://www.johnsburg.org) Johnsburg Park and Recreation
Stay Connected- Follow us on Social Media

- McHenry County Healthy Living Coalition Facebook page
  https://www.facebook.com/McHenryCountyHealthyLivingCoalition/
- McHenry's Extension’s Facebook Page
  https://www.facebook.com/unit3lakemchenry
- Northern Illinois Food Bank Facebook page
  https://www.facebook.com/northernilfoodbank/
- Northern Illinois Food Bank Twitter
  https://twitter.com/ILfoodbank?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor
- Twitter for McHenry County Health
  https://twitter.com/McHenryCoHealth?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor
- Facebook for the Community of Woodstock IL
  https://www.facebook.com/WoodstockIL/
- Crystal Lake News Facebook
- McHenry County Health Instagram
  https://www.instagram.com/mchenrycohealth/
- McHenry County Twitter
  https://twitter.com/McHenryCountyIL

- Fuel up to Play
  https://www.facebook.com/FuelUptoPlay60/ - This is for schools to add additional resources for nutrition and physical activities
- 4-H McHenry Facebook page
  https://www.facebook.com/4HMcHenryCounty/
- McHenry Master Gardeners Facebook page
  https://www.facebook.com/McHenryCoMasterGardener
- Facebook link to the Food Action Summit:

Donate- It takes a community to support healthier lifestyles. Donate your time, talent or money to a McHenry County organization supporting healthier lifestyles.

- Volunteer Center McHenry County
  https://www.volunteercentermchenrycounty.org/volunteers.html

- United Way of Greater McHenry County
  https://uwmchenry.org/

- McHenry County Medical Reserve Corps
  https://www.mchenrycountyil.gov/county-government/departments-a-i/health-department/emergency-preparedness/volunteer
• Donate to a local food pantry
  https://www.mchenrycountyil.gov/home/showdocument?id=3761