

## 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>
- Get your gardening questions answered here: McHenry County Extension Master Gardener Hotline Phone: 815-338-3737 / Email: [uiemg-mchenry@illinois.edu](mailto:uiemg-mchenry@illinois.edu)

### COMMUNITY GARDEN RENTALS in MCHENRY COUNTY

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

**\* 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>
- IL 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>](https://www.pbhfoundation.org/Have-A-Plant-Fruit-Veggie-Inspiration)

**\*Reduce sugar intake** – Lower your daily sugar intake for a week, then a month, then look out!

- Visit MCDH.info for free Diabetes Prevention and Management classes [www.mcdh.info](http://www.mcdh.info) or call 815-334-4510.
- A fun way to learn more about nutrition: [MyPlate | U.S. Department of Agriculture](#)
- 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 \(fda.gov\)](#)
- 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](#)
- Want to know more about added sugars? Get the scoop: [The Scoop on Added Sugars \(eatright.org\)](#)

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

- [https://www.mccdistrct.org/visit\\_explore/things\\_to\\_do/bike.php](https://www.mccdistrct.org/visit_explore/things_to_do/bike.php)
- <https://www.visitmchenrycounty.com/Bike>

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

- [www.mccdistrct.org](http://www.mccdistrct.org) McHenry County Conservation District
- [www.visitmchenrycounty.com](http://www.visitmchenrycounty.com) Visit McHenry County
- [www.ci.mchenry.il.us](http://www.ci.mchenry.il.us) McHenry Parks and Recreation
- [www.lith.org](http://www.lith.org) Lake in the Hills Parks and Recreation
- [www.carypark.com](http://www.carypark.com) Cary Park District
- [www.crystallakeparks.org](http://www.crystallakeparks.org) Crystal Lake Park District
- [www.woodstockil.gov](http://www.woodstockil.gov) Woodstock Parks and Recreation
- [www.cityofhavard.org](http://www.cityofhavard.org) Harvard Parks and Recreation
- [www.themarengoparkdistrict.com](http://www.themarengoparkdistrict.com) Marengo Park District
- [www.johnsburg.org](http://www.johnsburg.org) Johnsburg Park and Recreation

- [www.villageofwonderlake.org](http://www.villageofwonderlake.org) Wonderlake Parks and Recreation
- [www.richmond0il.com](http://www.richmond0il.com) Richmond Parks and Recreation
- [www.villageofhebron.org](http://www.villageofhebron.org) Hebron Parks and Recreation
- [www.ymcachicago.org/sage/](http://www.ymcachicago.org/sage/) YMCA Crystal Lake

**\* 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%5Eauth\\_or](https://twitter.com/ILfoodbank?ref_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauth_or)
- Twitter for McHenry County Health  
[https://twitter.com/McHenryCoHealth?ref\\_src=twsrc%5Egoogle%7Ctwcamp%5Eserp%7Ctwgr%5Eauthor](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 <https://www.facebook.com/Crystal-Lake-Illinois-Local-News-Break-100490558080921>
- 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:  
<https://www.facebook.com/Illinois4H/photos/a.10150305682539240/10159633669024240/>

**\* 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>