



# Prostate Cancer Awareness Month 2021

## September Action Checklist



Register for Eat It To Beat It – 30 foods, 30 days! at [pcf.org/eat](https://pcf.org/eat) or join the Facebook group [Facebook.com/groups/30foods](https://facebook.com/groups/30foods)



EXPLORE! Each Thursday, we'll send you a list of foods to try for the upcoming week – some old standards and some new favorites. Follow the list or make your own.



Remember to set up your fundraiser on Facebook – they make it so easy! All funds go to support research into better treatments for the 1 in 8 men diagnosed with prostate cancer. Please take 5 minutes to follow the instructions at [pcf.org/join](https://pcf.org/join)



At the end of the month, send a photo of the front of this sheet with all the foods you ate crossed out. Check back at [pcf.org/eat](https://pcf.org/eat) for more details.

### New in 2021 – Sugar Free Fridays!

Challenge yourself to reduce your dependence on sugar.

Last year was all about what you CAN eat. This is still a great way to look at it – since there are so many GOOD things TO eat, why fall into the trap of exclusionary dieting? ...Which leads to cheating... which gets you right back where you started! So why did we change it up this year? We are starting to know so much about the negative health impacts of too much sugar, that it's critical to consider reducing it.

Join the challenge! More details at [pcf.org/SugarFreeFridays](https://pcf.org/SugarFreeFridays)

Sept. 10

Sept. 17

Sept. 24

