

30-Day Fruit and Veggie Challenge Activity Card

Name: _____

Month of March



Week 1	<p>Goal of the Week: Eat at least one fruit and one vegetable serving for 6 days</p>	<p>Go to link below and choose at least 6 fruits and 6 vegetables you will eat or try this month.*</p>	<p>Shop and eat with fruits and vegetables in mind. Eat at least one vegetable and one fruit today.</p>	<p>Today use the MyPlate SuperTracker to track fruit and vegetable intake and plan ahead</p>	<p>Try at least one new fruit this week.</p>	<p>Remember you can have vegetables in sauce, soup, a vegetable drink or whole. Choose one today.</p>	<p>Try fruit or 100% juice today at breakfast.</p>
Week 2	<p>Goal of the Week: Eat at least one fruit and two vegetable servings for 6 days</p>	<p>Snack on fruits or vegetables and skip the fries or vending machine today</p>	<p>Shop with fruits and vegetables in mind. Plan to have fruit with breakfast every day this week & a vegetable with dinner.</p>	<p>Have a different colored vegetable with two meals. Perhaps carrots at lunch and a green one at dinner</p>	<p>Have you tried your six different vegetables over the last two weeks? If not, choose something different today.</p>	<p>Try a fruit smoothie today.</p>	<p>Have a bowl of soup, salsa, or salad today. If you do, you have had a vegetable serving!</p>
Week 3	<p>Goal of the Week: Eat at least two fruit and two vegetable servings for 6 days</p>	<p>Think of a fruity dessert. Apple crisp, fruit salad, banana custard, berries w/frozen yogurt. Try it one day this week.</p>	<p>Try a veggie smoothie today.</p>	<p>Make your side dish or snack a vegetable today. Try carrots, cucumber, or chopped sweet peppers.</p>	<p>Try two vegetables at dinner. Skip the fries, chips, or buttered bread today.</p>	<p>Load your sandwich, taco, or meal with vegetables.</p>	<p>Try two different fruits or vegetables from your list today.</p>
Week 4	<p>Goal of the Week: Eat at least two fruit and three vegetable servings for 6 days</p>	<p>Stay away from the vending machine today and snack on fruits and vegetables.</p>	<p>Use the snack list here to help you plan to eat fruits and vegetables that are portable.</p>	<p>Did you have a smoothie this week? Today is the day.</p>	<p>Look at your list of six fruits and vegetables. Have you tried them all? If not, this is the day to try something new.</p>	<p>Find a prepared food that is mainly a fruit or vegetable – soup, salad, etc. Use it as an alternative when in a hurry.</p>	<p>Think of a fruity dessert. Apple crisp, fruit salad, banana custard, berries w/frozen yogurt. Have it one day this week.</p>
Week 5	<p>Goal: Finish strong with your favorite two fruits and three vegetables today.</p>	<p>Congratulations! You're now a regular fruit & vegetable eater. Your body & mind thank you. Celebrate & keep it up!</p>	<p>*List the six fruits and vegetables you chose to try this month:</p> <p>_____</p> <p>_____</p> <p>_____</p>				

Note *: <https://www.fruitsandveggiesmorematters.org/whats-in-season-fall>

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