

September: 30-Day Fruit and Veggie Challenge

■ Instructions

- To begin the challenge:
 - Learn about all the different types of fruits and vegetables available to you in fresh, frozen, dried, juice or canned forms and what the serving size is for each form
 - Visit the links on the Activity Card to get recipes, snack ideas, and find out how many daily servings are recommended for you
- Each activity block offers something to do related to fruits and vegetables. You do not have to complete the seven weekly blocks in order. Just be sure that each day you choose one of the activities of the week and check it off the day you do it.
- If your command is using this event as a month-long challenge, be sure to turn in your completed card to the designated individual at the end of the month. Even if you missed a few days, you are a winner because you have started a very beneficial, healthy habit!



September: 30-Day Fruit and Veggie Challenge Activity Card



Name: _____

Week 1

Sept 1st: Follow [this link to see what is in season](#) and choose at least 6 fruits and 6 vegetables you will eat or try this month.

Shop or eat with fruits and vegetables in mind – Eat at least one vegetable and one fruit today

Choose one meal every day to have fruit. Try fruit or 100% juice today at breakfast

Today use the [Myplate SuperTracker](#) to track fruits and vegetable intake and plan ahead

Try at least one new fruit this week

Remember you can have vegetables in sauce, soup, a vegetable drink or whole. Choose one today.

End of week goal:
At least one fruit and one vegetable serving each day

Week 2

Sept 8th: [Shop](#) with fruits and vegetables in mind. Plan to have fruit with breakfast every day this week & a vegetable with dinner

Snack on fruits or vegetables at least two days this week instead of items from the vending machine

Have 8 oz. of 100% juice and count it toward a fruit serving

Eat the Rainbow: have a different colored fruit with two meals. Perhaps, berries in the am and an apple at lunch

Have you tried your six different fruits over the last two weeks? If not, choose something different today

Try [a fruit smoothie](#) today

End of week goal:
At least one fruit and two vegetable servings each day

Week 3

Sept 15th: Make your side dish or snack a [vegetable](#) today – carrots, cucumber, chopped sweet peppers

Two fruits and two vegetables today

Try [a veggie smoothie](#) today

Think of a fruity dessert. Cherry pie, fruit salad, banana custard, berries w/frozen yogurt. Have it one day this week.

Try two vegetables at dinner. Skip the fries, chips, or buttered bread

Try a salad, soup, sauce that is mainly vegetables

End of week goal:
At least two fruit and two vegetable servings each day

Week 4

Sept 22nd: Use the snack list here to help you plan. [Fruits](#) and vegetables are portable.

Stay away from the vending machine today and snack on fruits and vegetables instead

Pull out your list of six fruits and vegetables. Have you tried them all? If not, this is the week to try something new.

Did you have a smoothie this week? Today is the day!

Try your favorite vegetables with a low-fat dip today.

Find a premade food that is mainly made of a fruit or a vegetable – soup, energy bar... Use it as an alternative when in a hurry this week

End of week goal:
At least two fruit and three vegetable servings each day

Week 5

Sept 29th: Free Square

Congratulations! You're now a regular fruits & vegetables eater. Your body & mind thank you. Celebrate with a favorite food & **Keep it up!**

Notes: _____

