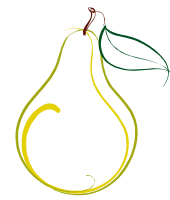




# Fruits & Veggie Challenge



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
<b>GO FOR COLOR</b>						
Color makes food look more appealing. Experiment with color this week. Try blueberries in your oatmeal, red bell pepper slivers in salad, sun dried tomatoes chopped up and baked on your pizza. How creative will you be???						
12	13	14	15	16	17	18
<b>FILL HALF YOUR PLATE</b>						
Fruits and veggies are Filling Foods! Fill half you plate with them at each meal to avoid feeling deprived. If you're part of the "clean plate club"....at least you're cleaning a plate of foods that are good for you!						
19	20	21	22	23	24	25
<b>Add them to everything</b>						
Sneak fruits and veggies into everything you eat! For breakfast, add them into your eggs or oatmeal. Lunch, sneak them onto your sandwich. Dinner? Throw them in the blender & use them as a sauce for your chicken. Beverages...smoothies & margaritas! Baked desserts can hide all kinds of fruits and veggies....even spinach in your brownies!						
26	27	28	29	30	31	
<b>FIVE A DAY</b>						
Your goal this week is to eat 5 servings (at least) of fruits and veggies a day. Remember all the things you learned throughout the month: go for color, fill half your plate, & add them to everything you eat. You can do it!						