

Take the **Fruit and Vegetable Challenge**

Are you up for the
challenge?

4 weeks with
4 activities per week

Pick 4 of the 8 choices each
week to complete.

Cross them off your calendar
for each of the four weeks.

Do this for all four weeks
and turn your calendar in
to your **Wellness Plus
administrator** at the end
of the challenge to earn
a **Nutrition Plus.**



Proud Member



Employee Name _____

FRUIT AND VEGETABLE CHALLENGE CALENDAR

Week 1	Try at least one new fruit this week	Look through your refrigerator vegetable bin and use up/clean out and replace old fruits/veggies with new ones	Make a fruit salad	Skip regular potatoes and replace with sweet potatoes	Skip the vending machine and snack on fruit or vegetables	Have some soup loaded with vegetables or add some extra vegetables to canned soup	Have a fruity dessert: think apple crisp or berries with yogurt	Eat a salad
Week 2	Try at least one new vegetable this week	Try a veggie smoothie	Munch on dried fruit for a snack	Replace chips with carrots or celery sticks for lunch	Shop for at least one new fruit and vegetable this week	Drink your vegetables: have a V-8	Have a fruity dessert: think apple crisp or berries with yogurt	Try one of a number of delicious apple varieties
Week 3	Try two veggies for dinner instead of potatoes	Cut up fruit for a lunch or dinner side dish	Skip the vending machine and snack on fruit or vegetables	Throw extra vegetables in sauces/stews etc... add spinach to lasagna etc.	Have a fruit smoothie	Load your sandwich, taco or meal with vegetables	Try roasting veggies for dinner	Have some soup loaded with vegetables or add some extra vegetables to canned soup
Week 4	Have a fruity dessert: think apple crisp or berries with yogurt	Shop for at least one new fruit and vegetable this week	Have a bowl of soup or salad	Use light ranch dressing or a low fat dip with raw vegetables	Think sunshine... eat some citrus fruits	Eat a salad	Munch on dried fruit for a snack	Load veggies on your pizza