


# 28-Day Fruit and Veggie Challenge (December 2023)

- Instructions (December 3 – December 30)
    - To begin the challenge:
      - 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 each weekly block in a particular order. Just be sure that you choose 4 of the activities of the week and check it off the day you do it. Every week there will be a newsletter with delicious recipes. Try at least one or adapt one to be eligible for the gift drawing. To be eligible for the drawing you must also try 4 new fruits or veggies (or a new variety) during the Challenge and list those on the activity card.
      - Be sure to turn in your completed card to [Be\\_Well@ehhd.org](mailto:Be_Well@ehhd.org) by January 4, 2023. Even if you missed a few days, you are a winner because you have started a very beneficial, healthy habit!
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# 28-Day Fruit and Veggie Challenge Activity Card



Name: \_\_\_\_\_

## Week 1

<p><b>Goal of the Week:</b> Eat at least one fruit and one vegetable serving for 6 days</p>	<p>Follow this link to see <a href="#">what is in season</a> and choose at least 4 fruits and 4 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 <a href="#">MyPlate</a> 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 on your yogurt or cereal, or alone today at breakfast.</p>
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## Week 2

<p><b>Goal of the Week:</b> Eat at least one fruit and two vegetable servings for 4 days</p>	<p>Snack on fruits or vegetables and skip the fries or convenience store stop</p>	<p><a href="#">Shop</a> with fruits and vegetables in mind. Plan to have fruit with breakfast every day this week &amp; a vegetable with dinner.</p>	<p>Have a different colored vegetable with two meals. Perhaps carrots at lunch and green beans at dinner</p>	<p>Have you tried your six different vegetables over the last two weeks? If not, choose <a href="#">something different</a> today.</p>	<p>Try <a href="#">a fruit smoothie</a> today.</p>	<p>Have a bowl of soup, salsa, or salad today. If you do, you have had a vegetable serving!</p>
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## Week 3

<p><b>Goal of the Week:</b> Eat at least two fruit and two vegetable servings for 4 days</p>	<p>Think of a fruity dessert. Apple crisp, fruit salad, <a href="#">banana "ice cream"</a>, berries w/frozen yogurt. Try it one day this week.</p>	<p>Try <a href="#">a green smoothie</a> today.</p>	<p>Make your side dish or snack a <a href="#">vegetable</a> 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>Add a variety of veggies to your salad sandwich: sprouts, sun-dried tomatoes, artichokes, spinach</p>	<p>Try two different fruits or vegetables from your list today.</p>
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## Week 4

<p><b>Goal of the Week:</b> Eat at least two fruit and three vegetable servings for 4 days</p>	<p>Stay away from the processed snacks today and snack on fruits and vegetables.</p>	<p>Use the snack list here to help you plan to eat <a href="#">fruits</a> and vegetables that are portable.</p>	<p>Did you have a new fruit (or new variety of an old friend) this week? Today's the day! <a href="#">TRY</a></p>	<p>Look at your list of 4 fruits and vegetables. Have you tried them all? Try something new.</p>	<p>Find a prepared food that is mainly a fruit or vegetable – soup, salad, etc. Use it as an alternative.</p>	<p>What about a healthy dessert. Apple crisp, fruit salad, banana custard, berries w/frozen yogurt. Have one day this week.</p>
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Try at least one new or improved recipe this month from the World Cancer Research Fund [recipe generator](#)

Keep your Fruits and Vegetables [Fresh and Healthy](#)

\*List the four fruits and vegetables (or new varieties) you chose to try this month and one veggie or fruit recipe you tried:

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