

September



Monday

Tuesday

Wednesday

Thursday

Friday

Week 1

Find the fruit & veggie of the month at www.harvestofthemonth.com

List all of the fruits & veggies you can think of. Add to the list throughout the month.

Keep track of your fruit & veggie intake. Aim to increase!

Week 2

Eat an orange veggie today.

Ask your family what their favorite fruits & veggies are.

Week 3

Keep track of your fruit & veggie intake this week. Aim to increase!

Eat a red fruit today.

Go to a farmers' market this weekend to see what fruits & veggies are available this month.

Week 4

Can you name one fruit and one veggie for each color of the rainbow?

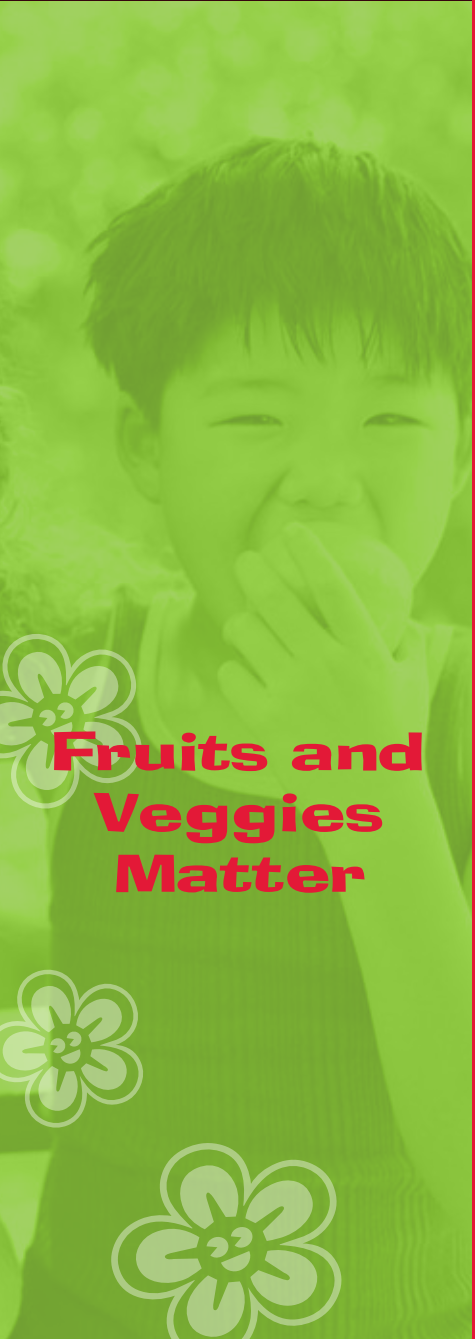
Eat a green veggie today.

Week 5

Try a new fruit or veggie today.

Make a list of your 5 favorite fruits and your 5 favorite veggies. Hang it on your fridge at home.

Continue to keep track of your fruit & veggie intake next month. Aim to increase!



Fruits and Veggies Matter