



# EAT 3 VEGETABLES + 2 FRUITS EVERY DAY

EATING A VARIETY OF FRUITS AND VEGETABLES EACH DAY GIVES YOUR FAMILY MANY VITAMINS AND MINERALS THAT PROVIDE GOOD HEALTH.

## FAMILY CHALLENGE #1

IT'S IMPORTANT FOR THE FAMILY TO EAT HEALTHY TOGETHER! FILL YOUR PLATE WITH DIFFERENT COLORS OF FRUITS AND VEGETABLES.

HERE ARE SOME TIPS ON HOW TO EAT FRUITS AND VEGETABLES AS A FAMILY!

ALLOW YOUR CHILD TO CHOOSE FRUITS AND VEGETABLES AND PREPARE THEM AT HOME.

CUT UP FRUITS AND VEGETABLES SO THEY ARE READY TO GO AND EASY TO EAT FOR YOU AND YOUR CHILD!

EAT FRUITS AND VEGETABLES INSTEAD OF SNACKS WITH FEW NUTRIENTS LIKE FRIED FOOD AND CANDY.

**FAMILY CHALLENGE #1**  
EAT 3 VEGETABLES AND 2 FRUITS EVERY DAY!

FILL YOUR PLATE WITH DIFFERENT COLORS OF FRUITS AND VEGETABLES.

TRY CARROTS AND LOW-FAT RANCH AS A SNACK!

**CHALLENGE TRACKER:** LOG THE NUMBER OF DAYS YOUR FAMILY EATS 3 VEGETABLES AND 2 FRUITS EVERY DAY!

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
16	17	18	19	20	21	22	23	24	25	26	27	28	29	30