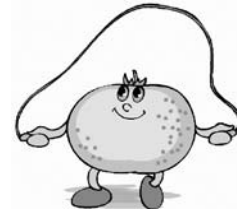


Fruits & Veggies – Every Day the Tasty Way!



Use the ideas and resources in this booklet to take action for wellness.

Content	Pages
Fruits and veggies promotion ideas.....	Pages 2 - 3
Cafeteria connection and menu ideas.....	Page 4
Fruits and veggies facts and teaching points.....	Pages 5 – 6
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Classroom activities.....	Pages 8 -14
Pre K-2	
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Family fruits and veggies handout.....	Page 15
Staff wellness ideas and handout.....	Page 16-17
Ideas to link with the community.....	Page 18
Wellness success measures.....	Page 19
Additional resource web links.....	Page 20
Wellness action planning form.....	Inside back cover

For your convenience, copy ready handouts are included!

Great for parent nights, health fairs, and more!

Fruit and Veggie Color Guide	Page 7
Veggie Challenge Log	Page 13
Family Tips: <i>Fruits & Veggie Every Day the Tasty Way!</i>	Page 15
Staff Wellness: <i>Fantastically Festive! Fruits and Veggies</i>	Page 17

Veggie Challenge



Kids challenge adults to **HEALTHY** veggie choices!

1. Use the form to
 - a. List vegetables each challenger eats and the total number of cups each day.
(Depending on age and sex, MyPyramid recommends 1 ½ - 3 cups total per day. For more information see www.mypyramid.gov)
 - b. Determine the total number of servings of veggies each person had for the week!
2. Bring the completed form back for the group to celebrate special **Challenge** excitement!

Names of Challengers	Challenger 1	Challenger 2	Challenger 3
Sunday List veggies and serving sizes			
Monday List veggies and serving sizes			
Tuesday List veggies and serving sizes			
Wednesday List veggies and serving sizes			
Thursday List veggies and serving sizes			
Friday List veggies and serving sizes			
Saturday List veggies and serving sizes			
Weekly Total			

Veggie Tips

- ☺ Did you know that it might take 10 tries before you know if you like the taste of a veggie?
Keep trying—you might like it!
- ☺ Try veggies prepared different ways, like raw or lightly steamed.
- ☺ Choose new veggies and prepare them together as a family.

