

September is Fruit and Veggies-More Matters Month



Take the Fruit and Veggie Challenge

September 3-September 30

Register today by commenting, "I'm in", on the post on the *Crockett County Coordinated School Health FaceBook* page.

Weekly prizes and a grand prize will be given!

Each week will focus on new color groups for you to incorporate into your diet. You will receive more information via email once the challenge starts, including a log sheet and directions on reporting.

Week 1: Focus on adding at least 1 **WHITE** or **TAN/BROWN** or **BLUE/PURPLE** fruit and/or vegetable to one meal or snack each day.

Week 2: Focus on adding at least 1 **GREEN** fruit and/or vegetable to at least two meals or snacks each day.

Week 3: Focus on adding at least 1 **RED/YELLOW/ORANGE** to at least three meals or snacks each day.

Week 4: Focus on adding **ANY COLOR** fruit or vegetable to at least three meals or snacks each day.

