



# Fruit & Vegetable Challenge



Employee Name: \_\_\_\_\_ Hospital: \_\_\_\_\_

Month/Year: April 2011 Days I Ate Total Recommended Servings:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	Fruit/Veggie # <sup>1</sup>	Fruit/Veggie # <sup>2</sup>
<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	Fruit/Veggie #	Fruit/Veggie #
<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	Fruit/Veggie #	Fruit/Veggie #
<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	Fruit/Veggie #	Fruit/Veggie #
Fruit/Veggie # <sup>3</sup>	Fruit/Veggie # <sup>4</sup>	Fruit/Veggie # <sup>5</sup>	Fruit/Veggie # <sup>6</sup>	Fruit/Veggie # <sup>7</sup>	Fruit/Veggie # <sup>8</sup>	Fruit/Veggie # <sup>9</sup>
Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #
Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #
Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #
Fruit/Veggie # <sup>10</sup>	Fruit/Veggie # <sup>11</sup>	Fruit/Veggie # <sup>12</sup>	Fruit/Veggie # <sup>13</sup>	Fruit/Veggie # <sup>14</sup>	Fruit/Veggie # <sup>15</sup>	Fruit/Veggie # <sup>16</sup>
Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #
Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #
Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #
Fruit/Veggie # <sup>17</sup>	Fruit/Veggie # <sup>18</sup>	Fruit/Veggie # <sup>19</sup>	Fruit/Veggie # <sup>20</sup>	Fruit/Veggie # <sup>21</sup>	Fruit/Veggie # <sup>22</sup>	Fruit/Veggie # <sup>23</sup>
Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #
Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #
Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #
Fruit/Veggie # <sup>24</sup>	Fruit/Veggie # <sup>25</sup>	Fruit/Veggie # <sup>26</sup>	Fruit/Veggie # <sup>27</sup>	Fruit/Veggie # <sup>28</sup>	Fruit/Veggie # <sup>29</sup>	Fruit/Veggie # <sup>30</sup>
Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #
Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #
Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #	Fruit/Veggie #

Goal = 5 servings of fruits and vegetables each day

**Tips for Getting Started:**

Consider all forms of fruits and vegetables: fresh, frozen, canned, dried and 100% juice. Think variety and color in planning your meals and snacks - red, dark green, yellow, blue, purple, white and orange - this provides a range of healthy choices for good nutrition.

**Why eat more fruits and veggies? Fruits and veggies are:**

- \* Low in calories
- \* A quick and natural snack
- \* Rich in vitamins and minerals
- \* High in fiber for good digestion



To return form:  
 fax - (775) 827-0939  
 email - holly@nrhp.org



# Fruit & Vegetable Challenge



Employee Name: \_\_\_\_\_ Hospital: \_\_\_\_\_

Month/Year: May 2011 Days I Ate Total Recommended Servings:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Fruit/Veggie #	2 Fruit/Veggie #	3 Fruit/Veggie #	4 Fruit/Veggie #	5 Fruit/Veggie #	6 Fruit/Veggie #	7 Fruit/Veggie #
8 Fruit/Veggie #	9 Fruit/Veggie #	10 Fruit/Veggie #	11 Fruit/Veggie #	12 Fruit/Veggie #	13 Fruit/Veggie #	14 Fruit/Veggie #
15 Fruit/Veggie #	16 Fruit/Veggie #	17 Fruit/Veggie #	18 Fruit/Veggie #	19 Fruit/Veggie #	20 Fruit/Veggie #	21 Fruit/Veggie #
22 Fruit/Veggie #	23 Fruit/Veggie #	24 Fruit/Veggie #	25 Fruit/Veggie #	26 Fruit/Veggie #	27 Fruit/Veggie #	28 Fruit/Veggie #
29 Fruit/Veggie #	30 Fruit/Veggie #	31 Fruit/Veggie #	<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>	<del>Fruit/Veggie #</del>

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