

## Veggie Challenge Rules & Instructions

1. Each day, keep a tally of the number of fruit/vegetable servings beside their name. The recommended servings for age and gender are found at the top of the chart.

1 serving of fruits or vegetables:

- ½ cup chopped fruit or vegetables
- 1 cup leafy greens
- 1 medium apple, orange, tomato, etc.

2. Each day add a “**Daily Challenge**” to encourage family members to try something new or do something they don’t always do.

Some examples you can use:

- Try a new vegetable
- Eat a certain vegetable raw, cooked, etc.
- Have a fruit with breakfast
- Have 3 different vegetables with dinner

The **Daily Challenge** can be the same for all members or each member can have a unique one.

3. At the end of the week, reward yourselves for good performance. Enjoy a special outing or anything else the family agrees upon.

Here’s how your form might look after filling out one day:

Day 1 – Date: *January 15*

Family Member:	Servings Eaten:	Daily Challenge: <i>Eat a New Vegetable</i>
<i>Jill</i>	≠	✓
<i>Jack</i>	≡	✓
<i>Mom</i>	≠ ≡	✓
<i>Dad</i>	≠ ≠	✓



Courtesy of Two Sisters Talking [FoodandRecipesBlog.com](http://FoodandRecipesBlog.com)