

WIC Team Fruits and Vegetables Challenge

Name:



Eat 5 fruits and vegetables everyday for two weeks:

August 5 – 18

Turn in your completed cards to Elva.



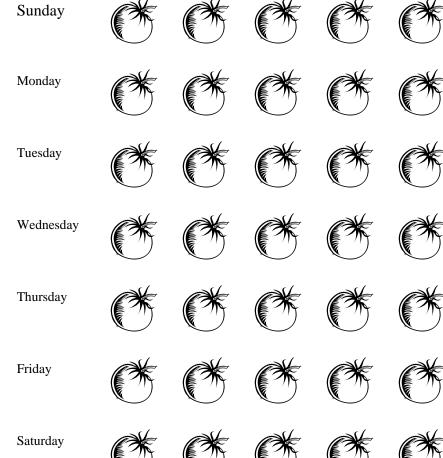
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Team WIC Fruits and Vegetables Challenge

Name:

Week:





Can you eat five fruits and vegetables each day?

Color in a tomato above for each serving of a fruit or vegetable that you eat during the next 2 weeks.