



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:



Sunday



Monday



Tuesday



Wednesday



Thursday



Friday



Saturday



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.