

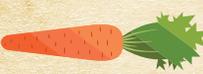
Veggie & Fruit Journal

In an effort to brighten your table, we've supplied you with a weekly journal to keep track of your vegetables and fruits. Simply check off the boxes below and try to eat a variety of vegetables and fruits to brighten your day.



Champions for Change
Arizona Nutrition Network

Week of:

| | | | | | | |
|---|---|--|--|--|--|---|
|  | S | | | | |  |
|  | M | | | | |  |
|  | T | | | | |  |
|  | W | | | | |  |
|  | T | | | | |  |
|  | F | | | | |  |
|  | S | | | | |  |

For healthy eating tips and recipes, visit EatWellBeWell.org