HEALTHY CHALLENGE 2019

YOUR SCHOOL IS TAKING PRODUCE MAN’S HEALTHY CHALLENGE!

Help your school win a monetary prize!
Plus great classroom prizes, student & staff prizes from local organizations!

What is the Healthy Challenge??
All students and staff will have a Tracking Chart, most likely kept at school so it doesn’t get lost. The “Challenge” is to eat MORE servings of fruits / vegetables during the Challenge Week (at least “5” per day) plus a second goal to be physical active. Both goals need to be completed at least 5 out of the 7 challenge days to count. The Challenge is held in March for National Nutrition Month®. This is a GREAT opportunity for your child to try new fruits and veggies (and your family too)! *Parents may have a tracking chart too!!

Extras! Your school may get a Visit from Produce Man!
Some schools are choosing to offer extra challenges this month for the Challenge: such as having a cafeteria share-table to reduce food waste, conducting a food waste activity through Green Umbrella, hosting a Produce Pop-up to provide free produce to families from Freestore Foodbank, serving locally sourced produce in cafeteria, and offering nutrition classes to staff.

What Counts as ONE Serving of Fruits or Vegetables?
- 1 medium-sized fresh fruit or vegetable (apple, pear, ½ banana, tomato)
- 1 cup fresh fruit or vegetables (melons, berries, carrots, snap peas)
- 1/2 cup fruit canned in juice (no sugar added) (applesauce, peaches)
- 1/4 cup of dried fruit (no sugar added) (raisins, prunes, dried apricots)
- 1/2 cup cooked or canned vegetables; includes beans or peas (cooked broccoli, carrots, green beans, black beans, green peas)
- 1 cup raw leafy vegetables (romaine lettuce, kale, spinach)
- 1/2 cup (4 oz) 100% juice —*ONLY count 1 serving of juice / day on chart.

What does NOT Count as a Fruit or Vegetable serving?
Fruit flavored drinks (with sugar added or sugar substitutes) or food; such as Sunny-D, fruit bars, fruit snacks and other fruit flavored foods*. These have added sugar and no or little actually fruit or vegetables in them.

Be Physically Active! Play! Exercise! Kids need to simply MOVE for 30 minutes or more to help them reach the recommended 1 hour a day of physical activity. (Walk, play outside, bike, etc.) This is a great opportunity to take a walk as a family after dinner!

Why eating MORE fruits and vegetables is so important!
- Most Americans do not eat the recommended daily fruit and vegetables.
- A diet high in fruits and vegetables is important for optimal child growth, maintaining a healthy weight and prevention of chronic diseases.