



# Join the Five-A-Day Fruit and Vegetable Challenge!

---

This challenge is a four-week competition designed to encourage you to eat the daily recommended amount of fruits and vegetables—five to nine servings.

## How?

For four weeks, you'll track the number of fruit and veggie servings you eat each day, and report your weekly progress to your team captain.

## When?

The Five-A-Day Fruit and Vegetable Challenge runs from

## Questions?

If you have any questions, or if you'd like to join the challenge, contact:

