

30-DAY

Healthy Eating Challenge

1  COOK WITH YOUR KIDS	2 FILL UP ON FIBER	3 EAT FRUIT FIRST 	4 SHOP THE FARMERS' MARKET	5 START A CONTAINER GARDEN	6 EAT UGLY PRODUCE	7 SWAP SPORTS DRINKS WITH WATER
8 STICK TO YOUR GROCERY LIST 	9 EAT MORE PULSES	10 SELF-SERVE DINNER	11 SKIP DESSERT	12 MAKE A GREEN SMOOTHIE BOWL 	13 EAT GOOD 'BUGS'	14 SET UP A BUILD-YOUR-OWN-DINNER BAR
15 TRY A NEW DINNER RECIPE	16 EAT WHOLE GRAINS 	17 TRY A NEW VEGGIE	18 READ FOOD LABELS	19 EAT THE RAINBOW	20 TRY A NEW FRUIT	21  GET A NEW KITCHEN GADGET
22 GO MEATLESS	23 SHOP THE SUPERMARKET'S CENTER AISLE 	24 MEAL-PLAN WITH YOUR KIDS	25 COOK VEGGIES A NEW WAY	26 EAT MINDFULLY 	27 EAT TOGETHER AS A FAMILY	28 NIX PACKAGED SNACKS
29 BAKE WITH WHOLE WHEAT FLOUR 	30 SKIP SODA					