

Take the Fruit & Veg Month 2022 FAMILY CHALLENGE



This Fruit & Veg Month we are getting every family member involved. Take the Fruit & Veg Month Family Challenge to help every family member eat more fruit and vegetables! This year's event will be held from Monday 29 August to Friday 23 September.

Why?

Eating enough fruit and vegetables is important for your family's health and wellbeing. Doing it together as a family can help make it easy and fun!

How?

- Try to include some fruit or vegetables with every meal and snack
- Aim for half of the food served at lunch or dinner to be vegetables
- Aim to serve fruit for half of your snacks
- Make it easy – have pre-cut fruit and vegetables in the fridge ready to go for hungry hands
- For more ideas, including easy snack and meal recipes, go to healthy-kids.com.au/teachers/fruit-veg-month/2022-recipes.

How much fruit and veg do we need?

What is a **serve** AND what is the recommended number of serves for children, teenagers and adults?

Use the handy guide below to find out

FRUIT

RECOMMENDED NUMBER OF SERVES PER DAY	1 SERVE	1½ SERVES	2 SERVES	2 SERVES	2 SERVES
	Very young children (2-3 years)	Young children (4-8 years)	Older children (9-11 years)	Teenagers (12-18 years)	Adults (19+)

1 SERVE OF FRUIT =

1 medium fruit = 2 small fruit = 1 CUP diced or canned fruit unsweetened

VEGETABLES

RECOMMENDED NUMBER OF SERVES PER DAY	2½ SERVES	4½ SERVES	5 SERVES	5 - 5½ SERVES	5 - 6 SERVES
	Very young children (2-3 years)	Young children (4-8 years)	Older children (9-11 years)	Teenagers (12-18 years)	Adults (19+)

1 SERVE OF VEGETABLES =

½ CUP cooked vegetables = 1 CUP salad vegetables = ½ CUP canned legumes = 1 medium tomato = ½ medium potato

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How to participate:

- 1 As a family, decide on a non-food-based reward. At the end of the week, your family will celebrate all the fruit and vegetables you have eaten with this reward.
- 2 Place a tick on the days where you and your family ate your recommended amounts of fruit and vegetables.
- 3 At the end of the month, take a photo of your completed 4-week challenge and post it on social media. Remember to use the hashtag #FruitAndVegMonth.

Week 1							
Mon	Tues	Wed	Thurs	Fri	Sat	Sun	This week's family reward

Week 2							
Mon	Tues	Wed	Thurs	Fri	Sat	Sun	This week's family reward

Week 3							
Mon	Tues	Wed	Thurs	Fri	Sat	Sun	This week's family reward

Week 4							
Mon	Tues	Wed	Thurs	Fri	Sat	Sun	This week's family reward

