

National Fruits and Veggies Month Checklist

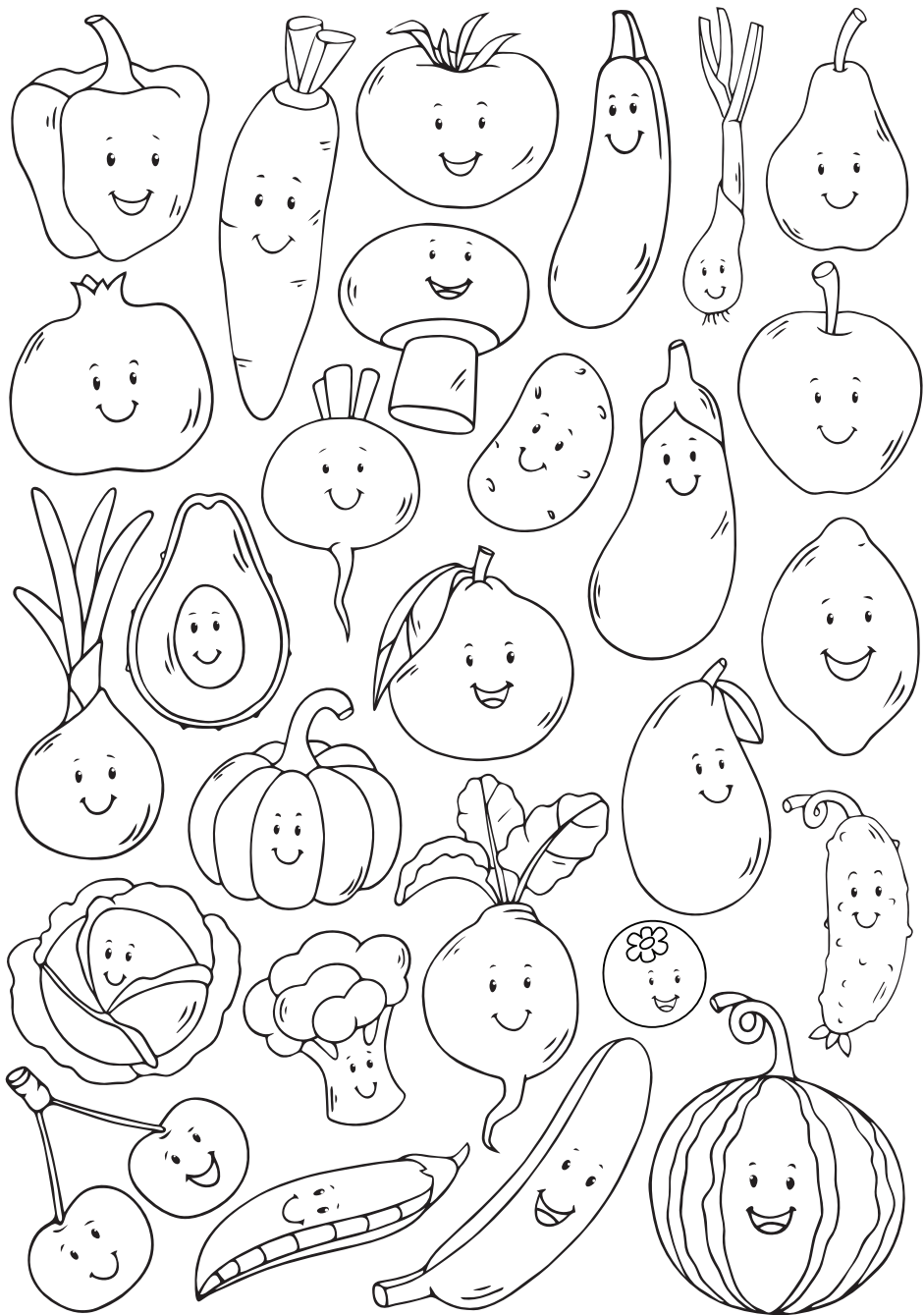
- ☐ Try a new fruit
- ☐ Try a new vegetable
- ☐ Enjoy seasonal fruits and veggies
- ☐ Plant a vegetable garden
- ☐ Try a meatless meal
- ☐ Enjoy a fruit smoothie
- ☐ Make a colorful side dish
- ☐ Roast veggies
- ☐ Try grilled fruit
- ☐ Enjoy fruit salad
- ☐ Make a veggie omelet
- ☐ Add berries to cereal, oatmeal, or yogurt
- ☐ Invigorate your water with fruit
- ☐ Make a veggie/fruit tray for game day
- ☐ Choose frozen, canned, or dried fruit
- ☐ Try a homemade veggie dip
- ☐ Make fruit popsicles
- ☐ Pack a picnic full of produce
- ☐ Prep fruits/veggies for on-the-go snacking
- ☐ Plan meals ahead of time and make a grocery list – don't forget the fruits and veggies!
- ☐ Involve the whole family in shopping for produce
- ☐ Make half your plate fruits and veggies
- ☐ Take a produce-packed meal to a friend
- ☐ Prepare and freeze a veggie-packed soup for quick meals
- ☐ Try steamed veggies for a quick side dish
- ☐ Learn about proper produce storage to prevent waste
- ☐ Make fruits and veggies fun to eat – get creative!
- ☐ Use seasonings to spice up veggies (and fruit!)
- ☐ Apply for food assistance program(s) if you need help accessing fruits and veggies
- ☐ Color the fruit and veggies picture on the back



**SEPTEMBER IS NATIONAL
FRUITS & VEGGIES
MONTH** #NFVM2024 #haveaplant



**ALABAMA
PUBLIC
HEALTH**



every time you
eat, have a plant