MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Are you ready for the 30 day challenge?	Add an extra serve of green veg today	2 Are you getting your 2&5? Find out with the LiveLighter [®] fruit and veg quiz	3 Know what these are called?Finger limes	Morning boost! Reach for fruit for morning tea today	5 Did you know? The colour orange was named after the fruit	6 Buy 'in season' for top value and taste
7 Try meat-free Mondays	Bon't skip leg(ume) day! Find a yummy bean, pea or lentil dish to cook this week	9 What's this green vegie called?Tatsoi	10 Add an extra serve of orange or yellow veg today	Did you know? Potatoes were the first food grown in space	Add fruit to your breakfast today	13 Jo you know the name of this native fruit? Quandong
14 Add an extra serve of red veg today	15 Did you know? Cucumbers are 95% water	Afternoon slump? Reach for vegies for afternoon tea today	Know what this is called?Romanesco broccoli	18 Turn end-of-week leftover vegies into a hearty soup	Add an extra serve of brown or white veg today	20 Did you know? The world's tallest brussel sprout plant was 2.8 m
21 Did you know? Australia produces around 260,000 tonnes of carrots each year.	Sweet sensation! Find a yummy fruit-based dessert to cook this week	23 Not an octopus but aBuddha's hand lemon	24 Add an extra serve of purple veg today	25 Did you know? The world's biggest broccoli weighed 15.9 kg	26 Frozen and tinned produce can be just as nutritious as fresh	Add vegies to your breakfast today
28 What's this native leafy green called? Warrigal greens	29	Aim for 2 serves of fruit and 5 serves of veg today!		&VEG LENGE	SEPTE LIVEL	MBER IGHTER

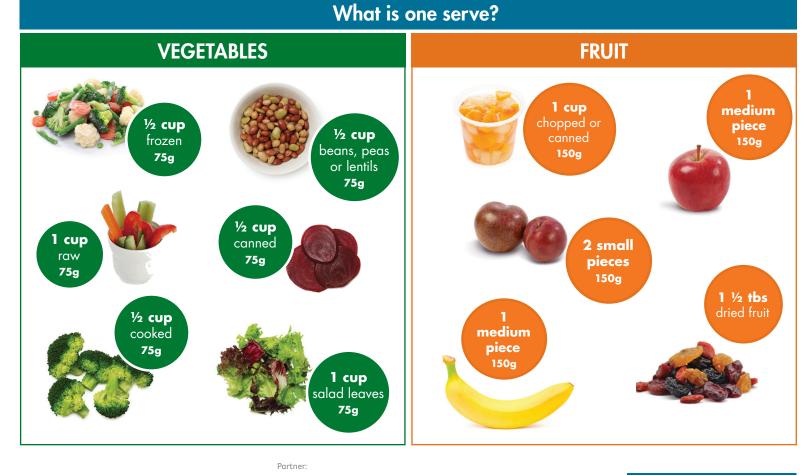
ARE YOU READY FOR THE FRUIT&VEG SEPTEMBER CHALLENGE?

DATE	FRUIT	VEG
Tues 1 st		
Wed 2 nd		
Thurs 3 rd		
Fri 4 th		
Sat 5 th		
Sun 6 th		
Mon 7 th		
Tues 8 th		
Wed 9 th		
Thurs 10 th		
Fri 11 ⁺		
Sat 12 th		
Sun13 [™]		
Mon 14 th		
Tues 15 th		
Wed 16 th		
Thurs 17 th		
Fri 18 [≞]		
Sat 19 th		
Sun 20 th		
Mon 21 st		
Tues 22 nd		
Wed 23 rd		
Thurs 24 th		
Fri 25 th		
Sat 26 th		
Sun 27 th		
Mon 28 th		
Tues 29 th		
Wed 30 th		

We've got 12 challenges (marked with a \star) on the reverse side of this card to help you eat more colour during September. There are also plenty of tips, interesting facts and unusual fruit and veg to check out between challenge days.

For an extra challenge, keep a tally of your fruit and vegetable serves each day during September using the table on the left.

Aim for 2 serves of fruit and 5 serves of veg each day!





Government of **Western Australia** Department of **Health**



