

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Are you ready
for the 30 day
challenge?

1
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*

4
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

8
Don'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

11
Did you know?
Potatoes were
the first food grown
in space

12
Add fruit
to your breakfast
today

13

Do 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

16
Afternoon slump?
Reach for vegies
for afternoon tea
today

17

Know what this is
called?...*Romanesco
broccoli*

18
Turn end-of-week
leftover vegies into
a hearty soup

19
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.

22
Sweet sensation!
Find a yummy
fruit-based dessert
to cook this week

23

Not an octopus but
a...*Buddha'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

27
Add vegies
to your breakfast
today

28

What's this native
leafy green called?...
Warrigal greens

29

Make half your
plate vegies

30
Aim for 2 serves
of fruit and 5
serves of veg
today!

FRUIT & VEG SEPTEMBER CHALLENGE

LIVELIGHTER®

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 th		
Sat 12 th		
Sun 13 th		
Mon 14 th		
Tues 15 th		
Wed 16 th		
Thurs 17 th		
Fri 18 th		
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 ★) 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!

What is one serve?

VEGETABLES



**½ cup
frozen
75g**



**½ cup
beans, peas
or lentils
75g**



**1 cup
raw
75g**

**½ cup
canned
75g**



**½ cup
cooked
75g**



**1 cup
salad leaves
75g**

FRUIT



**1 cup
chopped or
canned
150g**



**1
medium
piece
150g**



**2 small
pieces
150g**



**1
medium
piece
150g**



**1 ½ tbs
dried fruit**

Partner:



Government of Western Australia
Department of Health

