More Produce

**GOAL:**
Eat 5 servings of fruits and vegetables a day!

Use the calendar and tips provided to help you reach your goal.

Tips for getting in more fruits and vegetables:

- Pair sandwiches with a side of fresh fruit
- Cook an omelet with your favorite veggies
- Dip fruit in dark chocolate or vanilla yogurt
- Try a meatless meal with hearty vegetables
- Grate or finely dice veggies in your pasta sauce
- Add extra veggies to your soups, chili, and casseroles