



# Monthly Motivators

# March 2024



S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

## 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