Veggie & Fruit Journal

In an effort to brighten your table, we’ve supplied you with a weekly journal to keep track of your vegetables and fruits. Simply check off the boxes below and try to eat a variety of vegetables and fruits to brighten your day.

For healthy eating tips and recipes, visit EatWellBeWell.org

This material was funded by USDA’s Supplemental Nutrition Assistance Program — SNAP through the Arizona Nutrition Network. This institution is an equal opportunity provider and employer.

The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more: in Maricopa County call 602-542-9935, outside of Maricopa County call 1-800-352-8401.