

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 Try meat-free Mondays

7 Buy 'in season' for top value and taste

8 Don't skip leg(ume) day! Find a yummy bean, pea or lentil dish to cook this week



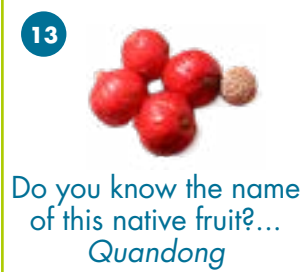
9 What's this green vegie called?...Tatsoi



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

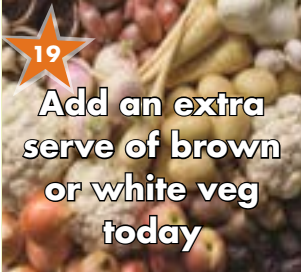
15 Did you know? Cucumbers are 95% water

16 Afternoon slump? Reach for veggies for afternoon tea today



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

18 Turn end-of-week leftover veggies 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

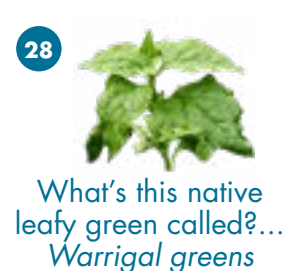


24 Add an extra serve of purple veg today

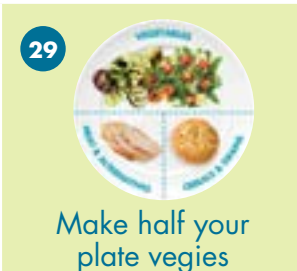
25 Did you know? The world's biggest broccoli weighed 15.9 kg

26 Frozen and tinned produce can be just as nutritious as fresh

27 Add veggies to your breakfast today



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



29 Make half your plate veggies

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 LIVELIGHTER CHALLENGE?


| DATE | FRUIT | VEG |
|------------------------|-------|-----|
| Wed 1 st | | |
| Thurs 2 nd | | |
| Fri 3 rd | | |
| Sat 4 th | | |
| Sun 5 th | | |
| Mon 6 th | | |
| Tues 7 th | | |
| Wed 8 th | | |
| Thurs 9 th | | |
| Fri 10 th | | |
| Sat 11 th | | |
| Sun 12 th | | |
| Mon 13 th | | |
| Tues 14 th | | |
| Wed 15 th | | |
| Thurs 16 th | | |
| Fri 17 th | | |
| Sat 18 th | | |
| Sun 19 th | | |
| Mon 20 th | | |
| Tues 21 st | | |
| Wed 22 nd | | |
| Thurs 23 rd | | |
| Fri 24 th | | |
| Sat 25 th | | |
| Sun 26 th | | |
| Mon 27 th | | |
| Tues 28 th | | |
| Wed 29 th | | |
| Thurs 30 th | | |

We've got 12 challenges (marked with a ★) on the reverse side of this card to help you eat more colour. 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 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