

EAT WELL, AGE WELL.

Monthly Tracking Calendar- Going Green/Minimizing Food Waste

RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES

WEEK 1: CREATE A MEAL USING INGREDIENTS YOU ALREADY HAVE IN YOUR KITCHEN

WEEK 2: EAT THE SKIN AND PEELS ON FRUITS AND VEGETABLES, THEY ARE HIGH IN VITAMINS AND FIBER.

WEEK 3: USE THE “UGLY” FRUITS AND VEGETABLES IN A SMOOTHIE. THEY’RE JUST AS NUTRITIOUS AND CAN BE FOUND AT DISCOUNTED PRICES.

WEEK 4: SHOP LOCALLY AND EAT IN-SEASON FOODS. AN EXAMPLE WOULD BE EATING SQUASH IN THE FALL.

Complete the Weekly Challenges & know you are contributing to limiting wasted food and saving money! Thank you!