

## **EAT WELL, AGE WELL.**

# **Monthly Tracking Calendar- Garden to Table: Herbs, Fruits, Veggies**

### **RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES**

**WEEK 1:** Choose one herb to grow fresh inside.

**WEEK 2:** Go to the local farmer's market and buy fresh fruits and vegetables that are in season.

**WEEK 3:** Try a new recipe with some of the fresh produce or herbs.

**WEEK 4:** Add an extra serving of fruits or vegetables at least 3 days this week.

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***Complete the Weekly Challenges & know you're eating more sustainably by consuming fresh produce that is in season!***