The challenge tools that are included for you are:

- F&V event instructions
- F&V sample participant score card
- F&V card sheet (front)
- F&V card sheet (back)
- F&V introduction email
- F&V promotional poster
- F&V sign up poster
- F&V team standings poster
- F&V red theme email (with recipes)
- F&V yellow/orange theme email (with recipes)
- F&V green theme email (with recipes)
- F&V blue/purple theme email (with recipes)
- F&V white theme (with recipes)
- F&V day 5 email (end of work week)
- F&V results email
Fruit and Veggie 5-10 A Day Challenge Event Instructions

This challenge increases employee awareness of the importance of healthy eating. The goal is to increase the number of employees who eat at least 5-10 fruits and vegetables a day. The theme is to “Eat the Rainbow” of fruits and vegetables as highlighted in Canada’s Food Guide to Healthy Eating. Each day will have a particular theme to promote various colours of fruits and vegetables. There are also activities to support tobacco cessation and information on how employees can stay hydrated throughout the day.

Each template is labeled at the top of the page: Use these labels to locate them on the CD as well as for instruction references. The following templates are for seven day fruit and veggie challenge but you can adjust the templates to accommodate the length of your challenge.
TOOLKIT: TIPS FOR SUCCESS

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**TIPS FOR SUCCESS:**

- Print an appropriate number of participant card sheets (front & back). Print these on thicker paper so they can tolerate a lot of handling. Cut the participant card sheets into four equal squares. Each participant should receive the 5-10 A Day Fruit and Veggie Challenge card (with Quick Reference) and Fruit and Veggie Examples (with Serving Size diagram). Staple these two cards together for each participant.

- **NOTE:** This is a complex point scoring challenge so it’s a good idea to host a launch and information session to explain the details of the challenge and how to score daily points.

- The “F&V sample participant card sheet” will be helpful as a guide to share with employees for filling out the cards. Have examples of serving sizes and healthy snacks available and hand out the participant card sheets and any other healthy eating resources.

- Send the “F&V Introduction Email” to all employees.

- Print “F&V promotional posters” (legal size) and display them in highly visible areas to ensure employees become aware of the event.

- Print enlarged “F&V sign up posters” (4’ x 4’) on large poster paper. Participants sign up on this poster and transfer their individual daily point tallies from their participant card sheets to the sign up poster.

- F&V participant card sheets” can be displayed for pick up next to these sign up posters.

- Print an enlarged “F&V team standings poster” (4’ x 4’) and hang it in a common area and record the total team points each day to highlight how each team is doing in the event.

- Send the “F&V red theme email (with recipes)” prior to the start of the event.

- Send the following emails the day before they are featured: F&V yellow/orange theme email (with recipes); F&V green theme email (with recipes); F&V blue/purple theme email (with recipes); F&V white theme email (with recipes)

- Send the “F&V day 5 email (end of work week)” on the day before participants are leaving for their weekend as a reminder to keep the challenge going through the weekend.

- At the completion of the challenge, and after the results have been tallied by the event organizer, email the “F&V results email” to all employees. Make sure to congratulate the participants for their achievements, include the winners of the event, and information on collecting prizes!

- Email the “F&V Evaluation Request Email” to all participants and attach the “F&V evaluation form” – be sure to include a location for the “F&V evaluation forms” to be returned.
5-10 A Day Fruit and Veggie Challenge! (Sample Card)
Living the Rainbow

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<tr>
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What I ate on Monday

✓ = What Fruits and Vegetables I will record on my personal Challenge Card, and then on my floor's team poster on Tuesday morning

Breakfast: 1 medium apple ✓
oatmeal
yogurt
coffee
1 cup water ✓

Snack: 1 cup carrots ✓✓
almonds
1 cup water ✓

Lunch: 1 medium orange ✓
1 cup salad ✓✓
1 cup chicken and
tomato soup ✓
1 whole-wheat roll
1 cup skim milk

Dinner: cajun chicken
big baked potato ✓✓
1 cup black beans
1/2 cup brown rice
sour cream
1 cup water ✓
1/2 cup broccoli ✓

Dessert: Vanilla ice cream
1/2 cup blueberries ✓
2 cups water ✓✓

THE SCORE:
- Red: 6 x 2 (bolded day) = 12
- Green: 3
- Blue/Purple: 1
- White: 2
- Smoke Free: Non-smoker: 1
- Cups Water: 7
- Wearing colour of the Day: 2

SO... 12+3+1+2+1+7+2 = 27 points
### FRUIT AND VEGGIE EXAMPLES:

**Red/Orange**: All squashes, oranges, & 100% orange juice, strawberries, cantaloupe, papaya, apples, red/orange pepper, salsa, red cabbage, tomatoes, tomato sauce, pink grapefruit, mangoes, carrots

**Yellow**: All squashes, corn, parsnips, pears, apples, yellow pepper, lemons, grapefruit

**Green**: Peas, broccoli, spinach, leafy greens, bok choy, avocados, brussels sprouts, asparagus, green pepper, honeydew, kiwi, green cabbage, pickles

**Blue/Purple**: Beets, berries, blue potatoes, fortified 100% grape juice

**White**: Cauliflower, bananas, potatoes, fortified 100% apple juice, onions, and garlic

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### 5-10 A Day Fruit and Veggie Challenge!

**Living the Rainbow**

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**Bonus 3 points for eating all the colours**

**Bonus 2 points for wearing the colour of day**

**TOTAL POINTS**
QUICK REFERENCE:

- Score 1 Point For each 1/2 cup serving of Fruits and/or Veggies
  - You can eat more than one serving of each colour
  - Maximum of 1 point/day for all juices
- Score 1 point for every cup of water you drink
- Score 1 point if you are a non-smoker
- If you are a smoker, score 3 points each day you reduce/quit smoking

**Score double points whenever the square is bolded**
[YOUR ORGANIZATION]’S

5-10 A Day Fruit and Veggie Challenge

[DATES]

(Your Organization) invites you to come and learn about

the Fruit and Veggie Challenge

in the [location], [Date, Time]

Healthy snacks will be provided!

Who?

• All employees are welcome to participate in this challenge
• Everyone counts, no matter how much you participate!
• It's easy! Record the fruits and veggies you eat each day for seven days. At the end of each day, mark down your Fruit and Veggie points on your challenge card and transfer this amount to your team’s sign up poster located [poster location].
• You also get bonus points for keeping yourself hydrated throughout the day and cutting back on the amount of tobacco you use.
• Give your team a name!

When?

• The week of [dates]. Yes, that includes the weekend so don’t forget to track all your fruits and veggies you ate on the challenge cards provided!

Why?

• The BC Nutrition Survey (Ministry of Health, 1999) shows that we need to improve our eating habits! We are not getting the nutrients that we need to function. Plus,
• There are also GREAT PRIZES to be won!

Scoring

• All you have to do is eat your fruits and veggies!
• Every half cup serving counts for 1 point, and double points are scored for eating certain coloured choices on theme days.
• For every full cup of water you have during the day, give yourself a point, and on the highlighted “water day” earn double points!
• If you are a non-smoker already, give yourself a point every day that you remain smoke-free. If you currently smoke and you reduce the amount you smoke that day, give yourself 3 points! On the highlighted smoke-free day, earn double points!

• At the end of each day of the challenge, record your individual total on your challenge cad as well as your team’s sign up poster.

How to get started?

1. Sign up on the chart located at [chart location] and name your team.
2. Pick up your challenge card and other resources from the envelope next to your team sign up poster.
3. Start recording your healthy eating habits on [first day of the event].
4. Record your Fruit and Veggie scores on your challenge cards as well as your team chart daily tallies can be made.

For more information contact [organizer’s contact info].
[Your organization’s name]’s

5-10 A Day Fruit and Veggie Challenge

[DATES]

Sign up on the chart located in the [Chart location]

Track the veggies and fruits eaten during the day of the challenge, and record your score!

There are lots of GREAT PRIZES to be won!

Team standings will be displayed every day at [location where team standings will be displayed]

Learn about the challenge at [Location], [Date, Time]

Healthy snacks will be provided!

Eat the Rainbow!!
### 5-10 A Day Fruit and Veggie Challenge

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**TEAM AVERAGE**

**TOTAL POINTS**
# 5-10 A Day

**Fruit and Veggie Challenge**

**Team Standings**

<table>
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<tr>
<th>TEAM NAMES</th>
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</table>
[Your organization’s]

5-10 A Day Fruit and Veggie Challenge

[DATES]

Getting Started

1. Sign up on the chart located at [chart location]
2. Pick up your challenge card and other resources from the envelop next to your team sign up poster
3. Start recording your healthy eating habits on [first day of the event]
4. Record your Fruit and Veggie scores on your team sign up poster daily so that we can keep a daily tally.

For more information contact [organizer’s contact info]

Prize Information: Since we won’t be monitoring your individual score cards it is up to you to let [event coordinator] know daily if you are doing anything exceptional such as eclectic outfits, tremendous fruit and vegetable intakes, successful smoking reduction or anything else that you think stands out.

[Featured date]’s Theme is Red and Orange

Wear your Red and Orange!

RED/ORANGE = Bonus Points for [featured date]!

So what’s RED/ORANGE?

- Spaghetti sauce
- Tomato juice
- Tomato soup
- Red apple
- Red pepper
- Red cabbage
- Red onion
- Kidney beans
- Carrots
- Watermelon
- Pink grapefruit
- Papaya
- Guava
- Raspberries
- Cherries
- Strawberries
- Cranberries

Each 1/2 cup serving is equal to 2 points for red/orange fruit and vegetables today!

Red “Fruit Gummies”, red “fruit flavoured drink”, red Kool Aid, red tortilla chips, DON’T COUNT!
**Breakfast ideas:** Add 1/2 cup fresh strawberries or raspberries to your cereal. Grab a snack of cherries or an apple as you walk out the door.

**Lunch/Dinner ideas:** Enjoy some tomato juice and a red bean burrito for lunch. Include tomato-based pastas for dinner on a regular basis such as the Creamy Tomato-Pepper Pasta recipe that follows. For dessert the Mixed Berry Crisp is a delicious treat.

*If you are interested in ‘RECIPES THAT READ RED’ keep on reading!

For more information contact [event organizer’s name and contact info]

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**RECIPES THAT READ RED!!**

**Creamy Tomato-Pepper Pasta**

Makes 4 servings
Each serving equals two 5-10 A Day servings.
This creamy pasta dish is nearly as easy as opening a jar. Bright and fresh both in color and flavor, it’s power-packed with fresh tomatoes and red bell pepper.

**Ingredients**
1 small onion, chopped
2 tbsp. garlic, minced
2 tbsp. olive oil
1 large red bell pepper, chopped
3 cups fresh tomatoes, seeded and chopped
1/4 cup non-fat half-and-half (available in the dairy section)
1/4 cup Parmesan cheese, grated
1/2 tsp. black pepper
1 pound dry bowtie, penne or red pasta if you can find it, cooked and drained

Sauté garlic and onion in oil on medium-low heat until the onion is translucent, splashing in a few drops of water midway through cooking, if necessary, to prevent burning. Add bell pepper and sauté until tender-crisp, about 2 minutes. Stir in tomato and bring to a simmer. Turn the heat off, let mixture cool down for a minute or two, and gradually stir in half-and-half. Add cheese and pepper, stir, and turn heat to low. Cook until heated again, and serve over pasta.

Nutrition information per serving:
Calories 365, Protein 13g, Fat 6g, Calories From Fat 15%, Cholesterol 0mg, Carbohydrates 64g, Fiber 4g, Sodium 86mg.
**Jeweled Watermelon Soup**

Makes 4 servings.
Each serving equals three 5-10 A Day servings.
Serve this beautiful soup chilled in shallow bowls as an appetizer or light dessert.

*Ingredients*
- 1 pink grapefruit
- 1 pomegranate
- 6 cups 1-inch cubes watermelon, seeded
- Juice of 1 lime
- 2 tsp. confectioners’ sugar

Peel grapefruit. Slice horizontally into thin, attractive slices. Save the end pieces to have as a snack later. Set aside. Seed pomegranate and discard peel and membrane. Set aside.

Place watermelon, lime juice and sugar in a blender or food processor and puree until very smooth. Pour into shallow bowls and garnish with a grapefruit slice or two and a sprinkle of pomegranate seeds. Serve chilled.

Nutrition information per serving:
- Calories 125, Protein 2g, Fat 1g,
- Calories From Fat 8%, Cholesterol 0mg,
- Carbohydrates 30g, Fiber 2g,
- Sodium 6mg.

---

**Mixed Berry Crisp**

Makes 6 servings
Each serving equals two 5-10 A Day servings.

*Source: Produce for Better Health*

This is an excellent recipe that uses all the colorful summer berries. Serve it with vanilla ice milk for a richer taste.

*Ingredients*
- 1 cup all-purpose flour
- 1/2 cup sugar
- 1 tsp. cinnamon
- 4 tsp. butter, unsalted
- 6 cups mixed frozen berries, thawed (blueberries, blackberries, strawberries, and raspberries in any combination)
- Vanilla ice milk (optional)

Combine flour, sugar, and cinnamon in a bowl; blend in butter until mixture is crumbly. Place berries in non-stick baking dish and sprinkle crumb mixture over them. Bake at 375º for 20 to 30 minutes. Serve warm with vanilla ice milk, if desired. This is an official 5-10 A Day recipe.

Nutritional Information Per Serving:
- Calories 288, Protein 5g, Fat 5g,
- Calories From Fat 16%, Cholesterol 14mg,
- Carbohydrates 59g, Fiber 6g,
- Sodium 33mg.
[Featured date]’s Theme is YELLOW...

Wear your YELLOW or GOLD clothes!

5-10 A Day Fruit and Veggie Challenge!

YELLOW/ORANGE = Bonus Points for [featured date]!

SO WHAT’S YELLOW/ORANGE?

- Mangos
- Apricots
- Peaches
- Cantaloupe
- Sweet potato
- Butternut squash
- Lemons
- Orange
- Pineapple
- Yellow pepper
- Pears
- Carrots
- Grapefruit
- Yellow raisins
- Yellow onion
- Nectarines

Yellow fruit shaped candy, lemonade, corn chips, and potato chips don’t count!!

Breakfast Ideas: A glass of 100% orange juice or blend yogurt and any of the above fruits in the blender for a quick fruit smoothie. Try snacking on the original fast foods, a peach, apricot, pear or baby carrots.

Lunch/Dinner Ideas: Try a tropical fruit salad and a baked sweet potato. End dinner with pumpkin pie for dessert, or pineapple slices with vanilla frozen yogurt.

Prize Information: Since we will not be monitoring your individual score cards it is up to you to let [event organizer] know daily if you are doing anything exceptional. For example: eclectic outfits, tremendous fruit and vegetable intakes, successful smoking reduction or anything else that you think stands out.

*If you are interested in more ‘RECIPES THAT YELL YELLOW, keep on reading*

For more information contact [event organizer’s info].
RECIPES THAT YELL YELLOW!!

Cantaloupe Slush with Mango

Makes 4 servings
Each serving equals three 5-10 A Day servings.

A refreshing dessert or snack, this provides each person with more than three servings of fruit.

Ingredients
1 medium-sized cantaloupe
Juice of half a lemon
2 teaspoons honey
1 mango

Peel and seed cantaloupe. Cut into 1-inch pieces (about 6 cups). Place in blender or food processor with lemon juice and honey, and puree until very smooth. Pour mixture into a shallow 9x12 glass pan and set in the freezer for two hours.

With a fork, chip and stir the icy mixture and return it to the freezer for two to four hours.

Peel and cut mango into long, thin, attractive slices, avoiding the pit (which is shaped like a large almond). Again with a fork, chip the frozen cantaloupe mixture so it resembles a snow cone or shaved ice. Spoon it into clear bowls, and top with mango slices. Serve.

Nutrition information per serving:
Calories 96, Protein 2g, Fat 1g,
Calories From Fat 5%, Cholesterol 0mg,
Carbohydrates 24g, Fiber 2g,
Sodium 14mg.

Curried Rice with Roasted Carrots and Apricots

Makes 4 servings
Each serving equals one 5-10 A Day serving.

This colorful, spicy and sweet combination goes well with chicken or fish.

Ingredients
3 cups basmati rice (or any type of rice)
2 cups carrots, sliced
1/2 cup low-sodium chicken or vegetable broth
2 tbsp. curry powder (sweet or hot, depending on preference)
1/2 cup dried apricots, diced
2 tbsp. walnut segments or sliced almonds, toasted* (optional)

Cook rice according to package directions. Meanwhile, roast carrots at 400°F, covered, for 25–35 minutes, until soft when pierced with a fork. Add broth, curry powder, apricots and nuts to cooked rice and stir gently. Heat on low heat until warmed throughout. Transfer to serving dish, top with carrots, and serve.

*To toast nuts, spread them in a small pan in a 400°F oven and heat them for 5-8 minutes, checking often, until you can smell their oils when you open the oven. Or, heat them on the stove in a small pan, stirring and watching closely.

Nutrition information per serving:
Calories 279, Protein 6g, Fat 3g,
Calories From Fat 11%, Cholesterol 0mg,
Carbohydrates 58g, Fiber 6g,
Sodium 25mg.
Butternut and Ginger Soup

Makes 6 servings
Each serving equals two and one half
5-10 A Day servings.
Source: National Cancer Institute
Butternut squash is a great source of
beta-carotene; serving as a soup is tasty
way to get your 5 to 9 a Day!

Ingredients
1 tsp. mild olive oil
1 1/2 cups chopped onion
3 cloves garlic, crushed
2 tsp. chopped fresh ginger
1 1/2 pounds peeled raw butternut or
other winter squash (6 cups)
1/2 pound new potatoes, paled and
chopped (1 cup)
1 cup unsweetened 100% apple juice
3 cups water or low-sodium vegetable
broth
1/2 cup nonfat milk or soymilk
1/2 tsp. salt
Garnish:
1/2 Granny Smith apple, chopped (1/2 cup)
2 tsp. chopped parsley

Heat the oil in a high-sided skillet or
large saucepan on medium high. Sauté
the onion 3 minutes or until it starts to
wilt. Add the garlic and ginger and cook
1 minute longer.

Add the squash, potatoes, 100% apple
juice, and water or broth. Bring to a boil.
Reduce the heat and simmer 35-40 min-
utes or until very soft.

Puree in a blender or processor, in
batches, until smooth. Pour back into the
pan and stir in the milk and salt. Reheat
and serve topped with chopped apple
and parsley.

Nutritional Information Per Serving:
Calories 145, Protein 4g, Fat 1g,
Calories From Fat 6%, Cholesterol 0mg,
Carbohydrates 33g, Fiber 6g,
Sodium 184mg.
Your organization’s 5-10 A Day Fruit and Veggie Challenge!

Don’t forget to add your daily Fruit and Veggie points on your team’s poster!

What Happened on RED/ORANGE day?
(List interesting facts/events that have been reported by participants)

[Featured date]’s Theme is GREEN...
Don’t forget to wear your GREEN clothes!

5-10 A Day Fruit and Veggie Challenge!
Green = Bonus Points for (featured date)!

- Kale
- Lettuce
- Broccoli
- Green peas
- Spinach
- Honeydew
- Kiwi fruit
- Cabbage
- brussels sprouts
- Green apples
- Grapes
- Green chili

SORRY!! Green jello, green “fruit flavoured drink”, green Kool Aid, green tortilla chips DO NOT COUNT!!

Breakfast Ideas: Try a slice of honeydew melon. Have a kiwi cut in half and use a spoon to scoop out the fruit.

Lunch/Dinner Ideas: Check out the cafeteria! Here’s what they are offering and the points are already calculated for you! Also, see below for some great “GREEN” recipes, including spinach salad with marinated vegetables, crustless spinach ricotta quiche, or broccoli green beans with ginger recipes that follow to boost your greens during lunch and dinner.

*If you are interested in more ‘RECIPES THAT GO GREEN’, keep on reading!

For more information contact [event organizer’s info].
Spinach Salad with Marinated Vegetables

Makes 4 servings.

Each serving equals three and one half 5-10 A Day servings.

This hearty salad provides each person with three and a half servings of vegetables! Served with a cup of soup, it makes a filling and delicious dinner. The marinated vegetables and croutons may be prepared ahead of time.

Ingredients

- 1 cup small, bite-sized cauliflower pieces (fresh or thawed frozen)
- 1 cup sliced button mushrooms
- 8 stalks fresh asparagus, sliced on the diagonal into bite-sized pieces (about 1 cup)
- 1 14-ounce can quartered artichoke hearts in water, drained
- 1/2 cup reduced-fat red wine vinaigrette or Italian dressing, divided
- 4 slices white or sourdough bread, with crust cut off and bread sliced into bite-sized cubes
- 5 cups tightly packed spinach leaves (about 6 ounces), sliced into bite-sized pieces
- 1 pound dry bowtie, penne pasta or red pasta, if you can find it, cooked and drained

Preheat oven to 350°F. Steam or microwave together the cauliflower, mushrooms and asparagus until asparagus is tender-crisp. Place in a medium bowl with artichoke hearts and toss with 3 tablespoons dressing. Cover and refrigerate.

Spread bread cubes in a shallow glass pan and toss with 2 tablespoons vinaigrette. Bake 10 minutes, until golden brown. Let cool. Toss spinach leaves with remaining dressing and croutons in a large serving bowl. Top with marinated vegetables and serve.

Nutrition information per serving:
Calories 327, Protein 12g, Fat 2g, Calories From Fat 4%, Cholesterol 0mg, Carbohydrates 66g, Fiber 4g, Sodium 450mg.
Broccoli & Green Beans with Ginger Green Sauce

Makes 4 servings.
Each serving equals one 5-10 A Day serving.
A delicious green sauce gives these vegetables a pleasant kick and allows the cook a little artistry when it comes to table presentation.

Ingredients
2 cups green beans, sliced into bite-sized pieces (fresh or frozen)
2 cups broccoli florets, cut into bite-sized pieces (fresh or frozen)
Green Sauce:
2 cups tightly packed, fresh spinach leaves
1/2 cup low-sodium vegetable broth
1/4 tsp low-sodium soy sauce
1/2 tsp sesame oil
2 tsp rice wine vinegar or white vinegar
1/2 tsp grated fresh ginger (optional)

Purée green sauce ingredients in the blender until the sauce is bright and smooth. Meanwhile, use the stove or microwave to steam green beans and broccoli just until each is bright green and tender-crisp. To serve, drizzle some green sauce on each plate, and top with a ? cup pile of hot green beans and a ? cup pile of hot broccoli.

Nutrition information per serving:
Calories 43, Protein 2g, Fat 1g,
Calories From Fat 16%, Cholesterol 0mg,
Carbohydrates 8g, Fiber 4g,
Sodium 128mg.

Crustless Spinach Ricotta Quiche

Makes 6 servings.
Each serving equals two and one half 5-10 A Day servings
Source: National Cancer Institute

This Spinach Ricotta Quiche has a fresh spring flavor and it’s packed with cancer-fighting nutrients. Sauté chopped onion in 2 teaspoons olive oil. Lightly steam 2 packages of frozen, chopped spinach or 12 cups of fresh spinach leaves. Press out excess water and add to the onions with 1 cup of chopped fresh tomatoes.

Combine 1/2 cup egg substitute with 1 cup of low-fat ricotta, dried dill, a little pepper and nutmeg. Stir into the spinach mixture, and pour into a lightly oiled pie plate. Top it all off with a tablespoon of grated Parmesan cheese and bake for about 35 minutes. The end product is magnificent.

Ingredients
12 cups well-washed fresh spinach or 2 packages frozen spinach, thawed
2 tsp olive oil
1/2 cup finely chopped onions
1 cup low-fat ricotta cheese
1/2 cup egg substitute or 2 whole eggs beaten
1/2 tsp dried dill weed
1/4 tsp pepper
1/4 tsp salt
pinch nutmeg
3 plum tomatoes, seeds and juice removed, chopped (1 cup)
1 Tbsp. grated Parmesan cheese
Preheat the oven to 350°F. Grease a 9" pie dish. Steam the fresh spinach until just wilted. (Frozen spinach won't need to be cooked, just thawed.) Press the water out of the cooked or thawed spinach and set aside.

Heat the oil in a small skillet and cook the onions until soft but not brown. Combine the ricotta cheese; egg substitute, dill, pepper, and nutmeg in a large bowl. Add the prepared spinach, tomatoes, and onions. Mix thoroughly and tip into the pie pan.

Sprinkle parmesan cheese over the top and bake until set, about 30 minutes. Let the quiche cool for 5 or 10 minutes before serving.

Nutritional Information Per Serving: Calories 98, Protein 8g, Fat 3g, Calories From Fat 26%, Cholesterol 64mg, Carbohydrates 5g, Fiber 2g, Sodium 412mg.
[YOUR COMPANY]’S 5-10 A Day FRUIT AND VEGGIE CHALLENGE!

[Featured date]’s Theme is BLUE/PURPLE…

Don’t forget to wear your BLUE or PURPLE clothes!

Don’t forget add your daily Fruit and Veggie Points on your team’s Poster!

So What’s Going On?
[Add in some fun facts about the events that have happened thus far]

5-10 A Day Fruit and Veggie Challenge!

Blue = Bonus Points for [featured date]!

So What’s Blue?

- Blackberries
- Blueberries
- Elderberries
- Purple grapes
- Black currants
- Prunes
- Eggplant
- Plums
- Raisins

Blue snow cones, “grape flavoured drink”, “blue corn” potato chips don’t count!

Breakfast ideas: Toss fresh, frozen, or dried blueberries on your cereal or blend them in the blender with vanilla yogurt for a smoothie.

Snack/munchie ideas: Snack on dried plums, or serve fresh berries with Sweet Vinegar Sauce recipe below for dessert. Include them in muffins and pancakes when you bake. Pop fresh ones in the freezer, they are delicious frozen snacks.

Lunch/Dinner ideas: Ever tried grilled eggplant? It’s healthy and delicious and has no resemblance to eggs!

*If you are interested in more ‘RECIPES THAT SING THE BLUES’, keep on reading

For more information contact [event organizer’s info]
RECIPES THAT SING THE BLUES!!

Fresh Berries with Sweet Vinegar Sauce

Makes 4 servings.
Berries and vinegar are an excellent combination to meet your 5 to 9 a Day!

Ingredients

Sweet Vinegar Sauce:
1/4 cup good-quality raspberry vinegar or balsamic vinegar
1/4 cup sugar
3 drops vanilla extract
1/2 cup plain, non-fat yogurt
1 cup blueberries
1 cup blackberries

Combine vinegar and sugar in a small saucepan and bring to a boil. Boil for 4 minutes, stirring often. The mixture may smell unpleasant as some of the vinegar’s acid boils off, and the mixture will reduce in quantity. Turn off heat. Add vanilla, and slowly whisk in yogurt. Toss with berries and serve.

Nutrition information per serving:
Calories 114, Protein 2g, Fat 0g, Calories From Fat 2%, Cholesterol 1mg, Carbohydrates 28g, Fiber 3g, Sodium 28mg.

Frozen Blue Devil

Makes 6 servings.
This frosty, tasty treat is provided by the California Dried Plum Board, and gives each person one “5-10 A Day” serving. One taste and you’ll be hooked!

Ingredients

6 ounces pitted dried plums (about 1 cup)
6 tbsp hot water
32 ounces white grape juice
1 package (10 ounces) frozen sweetened raspberries, partially thawed
2 tbsp fresh lemon juice

In a blender, combine the dried plums and water; process until the plums are finely chopped. Add the grape juice, raspberries, and lemon juice and purée until smooth. Pour into a shallow metal baking pan. Freeze for 2 hours, stirring every 30 minutes. Freeze for about 2 hours longer, or until completely frozen.

To serve, let the ice stand at room temperature for about 15 minutes, or until slightly softened. Use a metal spoon to scrape across its surface, transferring the ice shards to chilled dessert dishes or wine glasses without packing them.

Nutrition information per serving:
Calories 190, Protein 2g, Fat 9g, Percent Calories From Fat 3%, Cholesterol 0mg, Carbohydrates 48g, Fiber 3g, Sodium 5mg.
Garlic Grilled Eggplant

Makes 8 servings.
Each serving equals one 5-10 A Day serving.
Source: National Cancer Institute

Try this new take on eating eggplants. It’ll be a surprise hit side dish at your next grilling party.

Ingredients
2 medium sized eggplants
4 tsp low-sodium soy sauce
2 tsp white wine vinegar
? tsp freshly ground black pepper
1 tbsp sesame oil
4 garlic cloves, minced
2 tsp no-salt lemon-herb blend

Place the eggplants on a flat cutting surface. With a sharp knife, make parallel lengthwise cuts 1/4" apart that run from the tips to within 1" of the stem ends.

Place in a single layer in a large baking dish or roasting pan and fan out the slices slightly, making sure to keep them attached to the stem. In a small bowl, combine the oil, soy sauce, garlic, vinegar, herb blend, and pepper. Brush over the eggplants. Let stand for 15 minutes. Flip the pieces and brush with the remaining marinade. Let stand for 15 to 30 minutes. Prepare an outdoor grill. When the coals are hot, place a mesh grill rack over the top. Add the eggplants. Grill for 5 minutes. Flip the pieces; grill for 5 to 10 minutes, or until tender.

Nutritional Information Per Serving:
Calories 55, Protein 2g, Fat 2g,
Calories From Fat 65%, Cholesterol 0mg,
Carbohydrates 9g, Fiber 4g,
Sodium 93mg.
(YOUR COMPANY)’S 5-10 A Day FRUIT AND VEGGIE CHALLENGE!

[Featured date]’s Theme is WHITE!
Don’t forget to wear your WHITE [or whitish] clothes!

Don’t forget to put up your daily Fruit and Veggie Points on your Team’s Poster!

Feeling bloated? GOOD! It’s just your body bursting with happiness from all the fruits and veggies you’re feeding it! Keep up the amazing achievements and rack up your points. Remember, try to eat 5 to 10 servings of fruit and vegetables every day and there is NO LIMIT to how many cigarettes you cut out, cups of water you drink. In this challenge bigger is better!

So What’s Going On?
• [Fun facts that have happened thus far]

5-10 A Day Fruit and Veggie Challenge!

White = Bonus Points for [featured date]!

SO WHAT’S WHITE?

• Garlic
• Leeks
• Onions
• Bananas
• Chives
• Potatoes
• Pears (the inside is white)
• Apples of all colours
• (the inside is white)
• BAKED potato chips

No more than 1 point for fries, and fried potato chips don’t count!

Breakfast Ideas: Try an omelet loaded with onions and other veggies.

Lunch/Dinner Ideas: Try adding onions on your salad, in your sandwich, or putting chives on your baked potato for lunch. Salsa made with garlic and onion added to chopped tomatoes, herbs and spices is a tasty snack served with baked low-fat chips. For dinner try the baked onion recipe in the attachment. When cooking or stir-frying include onion, leeks and garlic with your vegetables.

*If you are interested in more ‘RECIPES THAT ARE ALL WHITE, keep on reading

For more information contact (event organizer’s info)
RECIPES THAT ARE ALL WHITE!

**Baked Onions**

Makes 4 servings
Each serving equals two 5-10 A Day.
This is an easy and fat-free way to enjoy the sweet taste of onions.

*Ingredients*

- 4 medium sweet onions
- 3/4 cup water
- 1/4 cup balsamic vinegar
- 2 tsp arrowroot or cornstarch
- 2 tsp water

Preheat oven to 350° F. Peel the onions. Place them side-by-side into a small casserole. Pour the water and balsamic vinegar over and around the onions, and bake for 2 hours. When softened, thicken remaining juices with arrowroot or cornstarch mixture. Serve onions with the sauce.

This is an official 5-10 A Day recipe, and provides four people with two servings of vegetables each.

Nutrition information per serving:
- Calories 57, Protein 1g, Fat 0g
- Calories From Fat 3%, Cholesterol 0mg
- Carbohydrates 13g, Fiber 2g
- Sodium 9mg.

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**Onion Salsa Salad**

Makes 6 servings
Each serving equals one 5-10 A Day serving.

Source: Plantation Produce Company

This zesty dish adds flavor and nutrients to any meal. This provides six people more than one serving of vegetables each.

*Ingredients*

- 1 cup diced onions
- 1 small can diced pimento
- 1/2 cup green onion
- 1/4 cup fresh jalapeno, chopped (optional)
- 8 ounces black eye peas
- 1 cup bell peppers, diced
- 1 ounce fresh garlic, chopped
- 1/4 cup Italian dressing
- salt and pepper to taste

Combine all items. Let marinate overnight for best flavor. Serve as a side dish or as an appetizer with low fat crackers.

Nutrition information per serving:
- Calories 73, Protein 4g, Fat 6g
- Calories From Fat 5%, Cholesterol 0mg
- Carbohydrates 14g, Fiber 4g
- Sodium 267mg.
Roasted Garlic and Green Pea Pasta Sauce

Makes 4 servings
Each serving equals one 5-10 A Day serving.
Source: National Cancer Institute
Use roasted garlic as a background for this smooth, delicious green pea sauce.

Ingredients
1 head garlic or 8 cloves jarred garlic
1 pound frozen peas (2 cups)
1 cup nonfat evaporated milk
1/4 tsp salt
2 tsp grated Parmesan cheese
2 tsp chopped parsley

Preheat the oven to 350°F. Cut off the stem end of the head of garlic exposing the cloves inside. Wrap in foil and bake in the preheated oven 1 hour or until very soft. Unwrap and allow to cool.

Drop the peas into boiling water and cook 2 minutes. Drain and toss into a blender. Squeeze the garlic head toward the cut end to collect all the soft flesh. Add to the peas in the blender along with the evaporated milk and salt. Blend until smooth.

Push through a sieve and reheat. Serve over pasta with a sprinkling of Parmesan cheese and chopped parsley on top.

Nutritional Information Per Serving: Calories 83, Protein 6g, Fat 0g, Calories of Fat 2%, Cholesterol 0mg, Carbohydrates 14g, Fiber 3g, Sodium 190mg.
THE FRUIT AND VEGGIE CHALLENGE CONTINUES...

YES, EVEN ON THE WEEKEND

• So many amazing achievements have taken place in this week of healthy lifestyle changes! Increasing your fruit and vegetable intake is so important for healthy immune systems, prevention of chronic disease and proper body functioning and hopefully you can feel the difference!

• So far [top team’s name] is still in the lead, although nothing is final yet. There are some missing daily tallies, which could throw the numbers and change the challenge's outcome! Keep on eating your Fruits and Veggies!

The recent BC Nutrition Survey found that most of us are not eating even the minimum recommended 5-10 servings of fruits and vegetables a day and this is our chance to improve! Keep your personal challenge cards handy, and plan ahead to fit in your fruit and veggies! Food is meant to be enjoyed and balanced so, why not add a little colour to your plate?

Notes to remember:

• Saturday is ‘Smoke Free’ day... For you new non-smokers this is your chance to double up the points!

- If you are quitting smoking and need support, B.C. has a 24 hour help line called quitnow, a free, confidential service that puts you in touch with a professional Quit Specialist. Language translation services are available in 130 languages. Call Toll Free at 1 877 455-2233.

• Don’t forget Quitnow.ca, an on-line community that will also offer peer support around the clock.

• Sunday you get double points for drinking water so stay hydrated and reap the rewards!

• DON’T FORGET to record your daily tallies on your floor's poster first thing Monday morning to be eligible to win great prizes!

Good luck and have a GREAT weekend!!
Congratulations to all of the Fruit and Veggie participants! The *Outstanding Individuals* listed above accumulated the most points on their team and will be rewarded! The overall winner of the 5-10 A Day challenge was [winner’s name], with a total of [points earned]! There are prizes to be collected for the listed individuals, see [event organizers], to collect your prize.

The [organizers] have also voted on the top Floor names:
[List]

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<th>TEAM</th>
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Thanks again for participating in this healthy living challenge! Take a moment to fill out the attached evaluation, and drop it off (drop off location). Your feedback will help to make the next event that much more successful! Thanks again!