

2016 Fruit and Veggie Challenge

2 + 3 for a Healthier ME!

Pinellas County
Wellness Program



Human Resources
Helping U Succeed

The Fruit and Veggie Challenge is now available all calendar year! Participants can begin at any time during 2016 until the registration deadline of November 7th. Employees and their covered spouses/domestic partners may participate and earn 12,500 points or \$50 cash. To succeed in completing this challenge, your goal is to eat 2 servings of fruit and 3 servings of vegetables at least five days of the week and submit your tracking for six consecutive weeks. The week starts Saturday and ends Friday. Enter your information on Friday with a 2-day grace period which means the last day to enter your weekly data is on Sunday.

How do I participate?

1. **Register for the Fruit & Veggie 2 + 3 Challenge.**
2. **Select a 6-week period.**
3. **Eat 2 daily servings of fruit and 3 daily servings of vegetables at least 5 days a week.**
4. **Enter your information in a tracking form, and submit it each week for six weeks.**

What counts as a fruit serving?

In general an adult should eat at least 2 cups of fruit. Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. In general, 1 cup of fruit or 100% fruit juice, or ½ cup of dried fruit can be considered as 1 serving from the Fruit Group.

What counts as a vegetable serving?

In general an adult should eat at least 3 cups of vegetables. Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. In general, 1 cup of raw or cooked vegetables or vegetable juice, or 2 cups of raw leafy greens can be considered as 1 serving from the Vegetable Group.

What can I eat during the challenge?

There are lots of delicious options. See: [Vegetable List](#) [Fruit List](#)

[Register for the Fruit & Veggie Challenge](#)

The deadline for registration is November 7th. Your tracking tool will be emailed to you after you register. You must submit your intake once every week.