


















Weekly shopping planner!

Which **fruits & veggies** are your favorites? Did you know you can have them frozen, canned, dried and as 100% juice as well as fresh? Help your Mom check off the **fruits & veggies** you'd like to eat this week. **Try something new to make sure you become one of the Fruit & Veggie Color Champions™!**



















fruits

 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	<input type="checkbox"/>

draw it here!

other fruit

veggies

 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

draw it here!

other veggie

Fruits & veggies in all forms count: fresh, frozen, canned, dried or 100% juice!

mom's shopping list

Want to try something you don't see? Add it to Mom's list as well!



fruits & veggies **more matters™**
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