



WellNYS
Everyday

2020 Monthly Challenge

Register at wellnys.goer.ny.gov



August

Eat a variety of fruits and vegetables.

s	m	t	w	t	f	s
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

In 2020, participate in THE THREE every day by doing the following:

- 1) Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the "Go Beyond the Challenge" starting August 20th
- 2) Check off that you did the Daily To-Do on the Monthly Challenge tracking form that can be found at wellnys.goer.ny.gov/.
- 3) Ask your wellness partner, did you do the WellNYS Daily To-Do?



August WellNYS Daily To-Do

Once you've completed the To-Do, check the box!

Please do your part: stay six feet apart, wear a mask, and wash your hands.

- 1** The Monthly Challenge for August is to eat a variety of fruits and vegetables. Register for the Monthly Challenge at wellnys.goer.ny.gov
- 2** Variety is the focus of this Monthly Challenge. As you try different fruits and vegetables this month, keep in mind it doesn't have to be the first time you ever tried them. Just aim for variety. Take a vegetable you haven't eaten in a while and prepare it in a different way. You may find a new favorite to add to your weekly grocery list.
- 3** Grilling is a great way to enjoy the following vegetables: zucchini, summer squash, onions, corn, asparagus, and mushrooms. Just brush the veggies with olive oil and season with salt and pepper.
- 4** Onions, sweet potatoes, potatoes, turnip, ginger, beets, garlic, radishes, fennel, carrots and celery are all root vegetables. What is your favorite? Is it on your shopping list this week?
- 5** Fill a bowl with a variety of fruits such as bananas, apples, oranges, peaches, pears, plums, and apricots. Put it on your counter for an easy grab-and-go snack.
- 6** The next time you visit the grocery store, purchase the following vegetables for a stir fry: garlic, shitake mushrooms, bamboo shoots, water chestnuts, baby corn, snow peas, and bok choy. This is delicious, healthy, and quick to make.
- 7** If it's sweetness you are craving, try one of the following exotic fruits: mango, papaya, guava, pineapple, jackfruit, dragon fruit, or passion fruit.
- 8** It's the weekend and the perfect time to go to a farmer's market and look for new and interesting varieties of fruits and vegetables. Buy something that you've never tried before, go online to find a recipe, and then try it. Click on the following link and find a farmer's market near you: data.ny.gov/Economic-Development/Farmers-Markets-in-New-York-State-Map/gfni-eg8a
- 9** Instead of just grilling vegetables, try fruit kabobs using fruits such as watermelon, pineapple, banana, strawberry, and cantaloupe.
- 10** Choose an egg white omelet for your next breakfast. It's a healthy and low-fat choice. Try any or all of these vegetables added to your next omelet: peppers, broccoli, onions, asparagus, artichokes, and mushrooms. Add your favorite herbs.

- 11** The following citrus fruits need to be peeled to enjoy: oranges, clementines, mandarins, and grapefruits, but this is not true with the kumquat. Unlike every other citrus fruit, you can eat the entire fruit, peel and all. halfyourplate.ca/fruits/kumquat/
- 12** Too often we buy produce, and before long, it goes bad. The next time you get home from the store, cut up all your vegetables and store them in containers so they will be ready the next time you want to use them. It will save time and money.
- 13** What are your favorite types of melon? Watermelon, honeydew, or cantaloupe? Which will you enjoy today, or which will you add to your grocery list?
- 14** Salsa is a delicious dip and an easy way to add vegetables to your meal. Try adding tomatoes, scallions, jalapeno, white onion, red onion and lime!
- 15** Text, email, or call your wellness partner to ask if they are participating in the August Monthly Challenge.
- 16** Pesto is traditionally made with basil, olive oil, pine nuts, parmesan cheese, and garlic. Substitute any of the following for the basil for a unique twist on the classic: sun-dried tomatoes, kale, spinach, parsley, mint, arugula, or beets.
- 17** Berries are high in antioxidants so they are a good choice to put in yogurt, top your pancakes, add to smoothies, or just eat all by themselves. What is your favorite type of berry? Is it blueberry, raspberry, blackberry, gooseberry, cranberry, goji, acai berry, boysenberry, strawberry, chokeberry, or elderberry?
- 18** Have you tried cotton candy grapes? They are green, loaded with nutrients, and taste like cotton candy. They are only available in August and very popular. Ask for them at your local grocery store.
- 19** Learn how to add more fruit and vegetables to your meals by visiting: heart.org/en/healthy-living/healthy-eating/add-color/how-to-eat-more-fruits-and-vegetables

GO BEYOND THE CHALLENGE

- 20** For the Go Beyond the Challenge for the next six days, the WellNYS Daily To-Do will provide a color for you to focus on each day. The challenge will be to eat a variety of fruits and vegetables in the color specified for each day. So, let's start with green! Here are some ideas: peppers, zucchini, leafy greens, green apple, string beans, asparagus, cucumbers, cabbage, kiwi, brussels sprouts, and broccoli.
- 21** Eat a variety of fruits and vegetables that are red! Here are some ideas: red peppers, red cabbage, watermelon, red grapes, radishes, cherries, red onions, grapefruits, and pomegranates.
- 22** Eat a variety of fruits and vegetables that are orange! Here are some ideas: oranges, peaches, papayas, tangerines, mangoes, sweet potatoes, carrots, and apricots.
- 23** Eat a variety of fruits and vegetables that are yellow! Here are some ideas: pineapples, winter squash, yellow corn, lemons, yellow watermelon, yellow potatoes, turnips, yellow beets, and summer squash.
- 24** Eat a variety of fruits and vegetables that are purple! Here are some ideas: eggplants, purple cabbage, purple grapes, blueberries, blackberries, black currants, figs, purple carrots, purple potatoes, and plums.
- 25** Eat a variety of fruits and vegetables that are white! Here are some ideas: white nectarines, cauliflower, ginger, leeks, mushrooms, garlic, chives, fennel, onions, parsnips, kohlrabi, and artichokes.
- 26** Reduce the amount of meat and cheese you put on your sandwich and replace them with more vegetables.
- 27** Strawberry salsa may just be your new favorite snack. Combine cut up strawberries, jalapeño, red onion, honey or maple syrup, lime, cilantro, and salt and pepper. Serve it with tortilla chips.
- 28** It's Friday, but Meatless Monday recipes are for every day of the week. Check out some new ideas at mondycampaigns.org/meatless-monday
- 29** Going out for dinner tonight? Try a vegetarian dish.
- 30** This month was about variety. So often with fruits and vegetables, we turn to our safe favorites. Try something new this week.
- 31** Today is the last day of August. Have you been eating a variety of fruits and vegetables? If you've registered and participated in the Monthly Challenge, go to the WellNYS Everyday website at wellnys.goer.ny.gov and check off the days you participated in the Monthly Challenge.

Number of days completed