



WellNYS
Everyday

WellNYS Daily To-Do

2021 August

Try it, Taste it, Tally It Up: Fruit and Vegetable Challenge

In 2021, 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 21st.
2. Check off that you have completed the Daily To-Do on the Monthly Challenge tracking form that can be found at <https://wellnys.goer.ny.gov/>
3. Ask your wellness partner, "Did you do the WellNYS Daily To-Do?"

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
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				

WellNYS Everyday
Making better choices to be well and stay well

- WellNYS Daily To-Do: Click Here to receive daily tips in your email inbox.
- July Monthly Challenge: Connect to nature in NYS
- My First or Next 5K 2021
- Physical Activities Around NY
- 5 and 10
- WellNYS in your Workplace
- Wellness Resources: WELLNESS RESOURCES
- Headspace
- NYS Quitline: You can quit. We can help.
- Find a NYS Farmers Market
- NYS Workplace Walking Maps
- About us

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Check off your Daily To-Dos at <https://wellnys.goer.ny.gov/>

SEPTEMBER						
S	M	T	W	T	F	S
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OCTOBER						
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24	25	26	27	28	29	30
						31

NOVEMBER						
S	M	T	W	T	F	S
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14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

UPCOMING MONTHLY CHALLENGES

September	Focus on foot health and posture.
October	Enjoy the fall harvest.
November	Practice thankfulness



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

- 1. Today is the first day of the Monthly Challenge, "Try it, Taste it, Tally It Up: Fruit and Vegetable Challenge." Set a goal for how many different fruits and vegetables you will try in August. Register at: https://wellnys.goer.ny.gov/registration/monthly_challenge_description.cfm and track the number of days you tried a new fruit or vegetable.
- 2. Your goal for the Fruit and Vegetable Challenge could be 50-60 different fruits or vegetables. Start with the fruits and vegetables you already eat regularly. Click on the following link to download a tally sheet. [https://wellnys.goer.ny.gov/documents/wellness-resources/Try it Taste it Tally it Up Fruit and Vegetable Challenge Tally Sheet 2021.docx](https://wellnys.goer.ny.gov/documents/wellness-resources/Try%20it%20Taste%20it%20Tally%20it%20Up%20Fruit%20and%20Vegetable%20Challenge%20Tally%20Sheet%202021.docx)
- 3. The freshest produce is grown locally, and the harvest from local farms is plentiful in August. Enjoy what is in season while it's fresh.
- 4. Have you tried a tomato sandwich? Spread two tablespoons of mayonnaise on two slices of toasted 100% whole grain bread; add a big slice of tomato. Enjoy!
- 5. Participating in this Monthly Challenge with your family is a great way to get children to try a new vegetable. If they refuse to try a vegetable, suggest a "thank you-bite." This encourages them to try at least one bite. They can then decide whether or not they like it.
- 6. How do you count your entries for the August Monthly Challenge? If you have tried, for example, the following: banana, apple, arugula, carrots, avocado, green olives, broccoli, potatoes, and corn on the cob, each fruit or vegetable counts as one for a total of nine fruits and vegetables toward your goal. It's not too late to start.
- 7. When you bring produce home from the store or farmer's market, clean it well and cut it into serving size pieces so if you are looking for a quick snack or preparing a meal, the produce is ready to use.
- 8. Grilling is a great way to enjoy these vegetables: zucchini, summer squash, onions, corn, asparagus, and mushrooms. Just brush the veggies with olive oil and season with salt and pepper.
- 9. Cold soup is a refreshing choice in the summer. Go online and search for a recipe for gazpacho, a chilled tomato soup that can include tomato, cucumber, onions, peppers, and garlic. This will give you five ingredients to add to your tally list.
- 10. Where is the closest farmer's market to your work or home? Go to WellNYS Everyday <https://wellnys.goer.ny.gov/> and click on **Find a New York State Farmer's Market**.
- 11. Click on the following link to learn how to add fruits and vegetables for healthy eating while on vacation. <https://fruitsandveggies.org/stories/how-to-eat-healthy-on-vacation/>
- 12. What's for dinner tonight? Serve a variety of different vegetables and have fruit for dessert.
- 13. This week 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 try it.
- 14. Is a potato considered healthy? Indeed, it is. The recent interest in low carb foods has contributed to a drop in their popularity, but potatoes are an important staple packed with potassium and C and B vitamins. They can be baked or roasted and are gluten-free. Remember to eat the skin for greater nutritional value.
- 15. All leafy vegetables are low-calorie, high vitamin, nutrient-dense foods. Try alternating and mixing arugula, spinach, lettuce, bok choy, kale, chard, cabbage, and collards for salads.
- 16. Kale is one of the most nutrient-dense foods, high in calcium, vitamin C, vitamin K, beta-carotene, and more. Drizzle some olive oil on the kale and rub it with your hands until it has wilted, sprinkle on some salt and enjoy!
- 17. Do you know the fig is known as "the fruit of the gods?" Figs are a delicious fruit that can be used as a naturally sweet alternative to refined sugar. They're in peak season now!
- 18. If it's sweetness you are craving, try and taste one of the following exotic fruits: mango, papaya, guava, pineapple, jackfruit, durian, dragon fruit, or passion fruit.
- 19. Fruit or fruit juice? Choose a whole piece of fruit instead of juice. The main benefit is the fiber in the whole fruit.
- 20. How many different fruits and vegetables have you tried this month? How many more can you try in the next 11 days?
- 21. If you were to describe your favorite fruit or vegetable, what adjectives would you use to explain what you like about it? Is it juicy, crunchy, sweet, soft, cold, sour, tangy, zesty, or smooth?

GO BEYOND THE CHALLENGE

- 22. Which would you choose: Apple or orange? Is your choice available in your kitchen right now?
- 23. Which would you choose: cucumbers or carrots? Are you having this for lunch or dinner?
- 24. Which would you choose: salad or grilled vegetables? Either one makes a delicious healthy lunch.
- 25. Breakfast is one of the most important meals of the day. Make an easy, refreshing fruit smoothie with fruit, almond milk, and ice.
- 26. Watermelon, peaches, plums, cantaloupe, and musk melon all contain more than 90% water. These fruits taste good on a hot summer day.
- 27. Pizza is a popular dinner choice on Fridays. Try a cauliflower dough pizza with roasted red peppers and artichokes as toppings. One dish will count as three vegetables on your tally sheet.
- 28. What's are your favorite summer vegetables from the farmers market?
- 29. Edamame can be enjoyed as a snack or mixed with other vegetables. Try them as a steamed appetizer.
- 30. August is a fun month to try and taste fruits and vegetables with so many different options. The Monthly Challenge concludes tomorrow. What was your original goal, and how many different fruit and vegetables did you try?
- 31. Today is the last day of August. Go to the WellNYS Everyday website at <https://wellnys.goer.ny.gov> and check off the days you participated in the Monthly Challenge.

NUMBER OF
DAYS COMPLETED