



Fruit and Vegetable—

# Weekly Team Huddles



Meeting with your team regularly will help you work more closely as a team and support each other in reaching your goals. Use these team huddles as a chance to get to know your team members better and have a little fun!

**Week 1:** Pick a team name.

**Week 2:** Brainstorm ways to overcome barriers to eating fruits and vegetables that team members are facing.

**Week 3:** Try an unfamiliar fruit or vegetable together (e.g., cherimoya, jicama, parsnip).

**Week 4:** Visit a restaurant together and explore ways to enjoy fruits and vegetables when eating out.

**Week 5:** Have a salad bar potluck.

**Week 6:** Walk to a farmers' market as a team.

**Week 7:** Share success stories while snacking on fruits and vegetables.

**Week 8:** Share your favorite healthy recipes that feature fruits and vegetables.

**Week 9:** Have a potluck with each team member's favorite healthy recipe.

**Week 10:** Highlight the success of individual team members.



Fruit and Vegetable—

# Bright Ideas from Your Team Captain



Here are some easy, fun ideas that may help your team members reach their goals.

**Eat a least 1 fruit or vegetable with every meal!**

## BEFORE WORK

- Add fruit to cereal or yogurt.
- Grab a piece of fruit on your way out the door in the morning—bananas, apples, and plums are easy to eat on the go.

## DURING WORK

- Keep a bowl of fresh fruit on your desk.
- Bring “finger-food” snacks with you to work, like cherry tomatoes, baby carrots, radishes, cut cauliflower and broccoli, and celery.
- Keep quick, healthy snacks in your desk at work, like bags of trail mix with dried fruit.

## AFTER WORK AND AT HOME

- Stop at a farmers’ market or produce stand for quick, cheap produce.
- Add frozen vegetables to soups or stews.
- Add canned beans or lentils to a salad.
- Substitute applesauce for oil when baking.
- Take advantage of pre-packaged salads and other vegetables when shopping at the grocery store.
- Add apple, pineapple, and raisins to coleslaw, chicken, or tuna salad.
- Try eating 100% fruit juice bars instead of ice cream.

## EATING OUT

- Instead of French fries, request sliced tomatoes or fresh fruit.
- Order a salad or other vegetable side dish when eating lunch out at a restaurant.



For more information about fruits, vegetables, and physical activity, visit us at [www.cachampionsforchange.net](http://www.cachampionsforchange.net) or call 1-888-328-3483. Funded by the USDA’s Food Stamp Program, an equal opportunity provider and employer.