


31-Day Nutrition Challenge for Youth



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NCHPAD 				1 Drink at least 8 glasses of water	2 Choose a fruit or veggie to eat with every meal	3 Practice reading a nutrition label
4 Drink water instead of soda	5 Pick out a new fruit or vegetable to try	6 Eat at the table instead of in front of the TV	7 Pack a healthy snack and avoid the vending machines	8 Prepare a meal with friends or family	9 Visit a local farm or community garden	10 Replace fruit juice with whole fruit
11 Pack your lunch the night before	12 Avoid screen time after 7pm	13 Try a new healthy recipe at home	14 Practice reading the ingredient list of your favorite breakfast food	15 Eat grilled or baked foods instead of fried	16 Pack a picnic lunch or enjoy a meal outside	17 Visit a local Farmers Market
18 Choose 100% whole grains over refined grains	19 Donate to a local food pantry	20 Research what fruits and vegetables are in-season	21 Avoid soda and other sugar-sweetened beverages	22 Eat dinner with the whole family	23 Make half of your plate vegetables	24 Eat food that contains Vitamin D to support bone health
25 Eat a rainbow by adding colorful foods to your plate	26 Bring a water bottle to school to stay hydrated	27 Learn a new yoga pose to perform before bed	28 Try using herbs to season your food	29 Create your own recipe using your favorite fruit	30 Learn about ways to compost at home	31 See how many green foods you can eat today