



VEGGIES! 30 WAYS IN 30 DAYS TAKE THE CHALLENGE! MARCH 1

VegOutWithRFS.org

30 WAYS IN 30 DAYS

JOIN US FOR AN EASY, DELICIOUS FOOD ADVENTURE designed to help you eat healthier and expand your repertoire of fresh produce options. We give you lots of resources to make it easy. Take the challenge in March and you may win one of dozens of exciting prizes.

IT'S AS EASY AS 1-2-3

1 REGISTER

Visit www.VegOutWithRFS.org and download your veggie log and explore our resources.

2 EAT

Try a different vegetable each day for 30 days and track it on your log, then postmark or email your completed log to Recipe for Success Foundation by the April due date to qualify for prizes.

3 SHARE

Join in the conversation on our website and spread the word on social media, start a team, join a team and reach out to get your family, school, colleagues and community involved. Use the tag **#vegoutrfs** to share your progress on social media sites.



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