Congratulations on making it half way through the Fruits and Vegetables Challenge! This week’s newsletter focuses on helping you shop smarter by filling your grocery cart with lots of fruits and vegetables. While doing your grocery shopping, remember to look through your challenge quick tips for easy ways to score challenge points.

**Tip of the Week**

**Shop smart.**

**Fruits and Vegetables Challenge**

**Fruit Smoothie**

**Preparation Time:** 10 minutes  
**Number of Servings:** 2  
**Cups of Fruits/Vegetables per Person:** ½–1½  

**Nutrition Information per Serving**  
(for example 1): Serving Size 1 cup, 140 Calories, Total Fat 2g, Protein 8g, Total Carbohydrate 23g, Dietary Fiber <1g, Sodium 115mg  
_Nutritional value will vary with choices made._

**Ingredients:**  
Choose 1/2 cup of a fruit:  
- bananas  
- strawberries  
- peaches  
- blueberries  

Choose 1 cup of a base:  
- low-fat plain yogurt  
- low-fat vanilla yogurt  
- low-fat vanilla frozen yogurt  
- frozen juice concentrate, such as apple or orange  
- frozen fruit  
- ice cubes  

Choose 1/2 cup of a liquid:  
- low-fat or fat-free milk  
- calcium-fortified soy milk  
- 100% fruit juice

**Directions:** Put all the ingredients in a blender and mix until smooth. Serve immediately. This is enough for two people. If there are more than two of you, you can make twice as much.

**Example 1**  
- 1/2 cup strawberries  
- 1 cup low-fat vanilla yogurt  
- 1/2 cup fat-free milk

**Example 2**  
- 1/2 cup banana  
- 1 cup frozen orange juice  
- 1/2 cup low-fat milk

**Example 3**  
- 1/2 cup blueberries  
- 1 cup low-fat frozen yogurt  
- 1/2 cup orange juice

**Skillet Zucchini with Chopped Tomatoes**

**Preparation Time:** 10 minutes  
**Number of Servings:** 4  
**Cups of Fruits/Vegetables per Person:** 1

**Nutrition Information:** Serving Size 1/4 recipe, 50 Calories, Total Fat 1g, Dietary Fiber 3g, Sodium 20mg

**Ingredients:**  
- 1 teaspoon whipped light butter  
- 1 cup chopped onion  
- 4 small (6 in/15cm) zucchini, thinly sliced  
- 2 medium tomatoes, chopped  
- freshly ground pepper

**Directions:** In a large nonstick skillet, melt butter over medium heat. Add onions and cook, stirring until softened. Add zucchini and cook for 2 minutes. Add tomatoes and cook for 3 to 5 minutes or until zucchini is tender-crisp. Season to taste with pepper.

**Local**

When eating at restaurants or finding caterers at events, consider finding places that serve locally-grown foods. Fruits and vegetables that are picked close to their ripeness will taste better and fresher!

**LOOK FOR LOCAL**

When eating at restaurants or finding caterers at events, consider finding places that serve locally-grown foods. Fruits and vegetables that are picked close to their ripeness will taste better and fresher!

**Eat Smart, Move More**

North Carolina