



Farmers Market Prescription

To fulfill this prescription, take a trip to your local farmer's market. Don't know where your nearest farmers market is? Visit farmstandapp.com. Using the prescription for additional family members? Simply multiply the number of servings by the number of people in your family.

	<p># OF SERVINGS OF VEGGIES PER DAY / PER PERSON _____</p>		<p># OF SERVINGS OF FRUIT PER DAY / PER PERSON _____</p>
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NAME OF HEALTH CENTER _____

ISSUED BY _____ SIGNATURE _____

DATE _____

Fruit & Vegetable Tracker

Use this chart to keep track of your progress. Mark off each day you meet your fruit and vegetable prescription.

	WEEK #1	WEEK #2	WEEK #3	WEEK #4
S	 	 	 	 
M	 	 	 	 
T	 	 	 	 
W	 	 	 	 
T	 	 	 	 
F	 	 	 	 
S	 	 	 	 

1 SERVING = 1/2 CUP

 = VEGGIES  = FRUIT

THE NUMBERS

A person who needs 2,000 calories a day to maintain weight and health needs **nine servings** of fruit and vegetables per day. Recommended breakdown is 5 servings of veggies & 4 of fruit totalling 4 1/2 cups per day. from **HARVARD'S PUBLIC HEALTH RESOURCE**



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