



Fruit and Vegetable Checklist

Track the fruits and veggies you try during March by checking them off of this list.
Send your list to wellness@gcfb.org by April 1 to be entered to win a \$25 gift card!

Employee Name: _____

Fruits

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Apple | <input type="checkbox"/> Lemon |
| <input type="checkbox"/> Apricots* | <input type="checkbox"/> Lime |
| <input type="checkbox"/> Avocado | <input type="checkbox"/> Lychee |
| <input type="checkbox"/> Banana | <input type="checkbox"/> Mango |
| <input type="checkbox"/> Blackberries | <input type="checkbox"/> Nectarine |
| <input type="checkbox"/> Blackcurrant | <input type="checkbox"/> Olives |
| <input type="checkbox"/> Blueberries | <input type="checkbox"/> Orange |
| <input type="checkbox"/> Cantaloupe | <input type="checkbox"/> Papaya |
| <input type="checkbox"/> Cherries | <input type="checkbox"/> Passion Fruit |
| <input type="checkbox"/> Clementine | <input type="checkbox"/> Peaches |
| <input type="checkbox"/> Coconut | <input type="checkbox"/> Pear |
| <input type="checkbox"/> Cranberries | <input type="checkbox"/> Pineapple* |
| <input type="checkbox"/> Dates | <input type="checkbox"/> Plantain |
| <input type="checkbox"/> Dragonfruit | <input type="checkbox"/> Plums* |
| <input type="checkbox"/> Figs | <input type="checkbox"/> Pomegranate |
| <input type="checkbox"/> Grapefruit | <input type="checkbox"/> Prunes |
| <input type="checkbox"/> Grapes | <input type="checkbox"/> Raspberries |
| <input type="checkbox"/> Guava | <input type="checkbox"/> Rhubarb* |
| <input type="checkbox"/> Honeydew | <input type="checkbox"/> Strawberries* |
| <input type="checkbox"/> Jackfruit | <input type="checkbox"/> Tangerine |
| <input type="checkbox"/> Kiwifruit | <input type="checkbox"/> Watermelon |
| <input type="checkbox"/> Kumquat | |

Vegetables

- | | |
|---|---|
| <input type="checkbox"/> Artichoke* | <input type="checkbox"/> Lettuce* |
| <input type="checkbox"/> Arugula | <input type="checkbox"/> Mushrooms* |
| <input type="checkbox"/> Asparagus* | <input type="checkbox"/> Mustard Greens |
| <input type="checkbox"/> Beets | <input type="checkbox"/> Okra |
| <input type="checkbox"/> Bok Choy | <input type="checkbox"/> Onions |
| <input type="checkbox"/> Broccoli* | <input type="checkbox"/> Parsnip* |
| <input type="checkbox"/> Brussel Sprouts* | <input type="checkbox"/> Peas* |
| <input type="checkbox"/> Cabbage | <input type="checkbox"/> Pepper |
| <input type="checkbox"/> Carrot | <input type="checkbox"/> Pumpkin |
| <input type="checkbox"/> Cauliflower* | <input type="checkbox"/> Radishes* |
| <input type="checkbox"/> Celery | <input type="checkbox"/> Rapini |
| <input type="checkbox"/> Collards | <input type="checkbox"/> Rutabaga* |
| <input type="checkbox"/> Cucumber | <input type="checkbox"/> Shallots |
| <input type="checkbox"/> Edamame | <input type="checkbox"/> Snow Peas |
| <input type="checkbox"/> Eggplant | <input type="checkbox"/> Spinach |
| <input type="checkbox"/> Fennel | <input type="checkbox"/> Squash |
| <input type="checkbox"/> Ginger Root | <input type="checkbox"/> Sugar Peas |
| <input type="checkbox"/> Green Beans | <input type="checkbox"/> Sweet Potato |
| <input type="checkbox"/> Horseradish | <input type="checkbox"/> Swiss Chard |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Turnip* |
| <input type="checkbox"/> Leeks* | <input type="checkbox"/> Zucchini |

*in season for spring

