

# JANUARY

## 2026 NUTRITION CALENDAR



ONE SERVING OF FRUIT = ONE CUP | ONE SERVING OF VEGETABLES = ONE CUP

SUN	MON	TUES	WED	THURS	FRI	SAT
				1.	2.	3.
				Veggie Serving: _____	Veggie Serving: _____	Veggie Serving: _____
				Fruit Serving: _____	Fruit Serving: _____	Fruit Serving: _____
				Total: _____	Total: _____	Total: _____
4.	5.	6.	7.	8.	9.	10.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
11.	12.	13.	14.	15.	16.	17.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
18.	19.	20.	21.	22.	23.	24.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
25.	26.	27.	28.	29.	30.	31.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						

# FEBRUARY

## 2026 NUTRITION CALENDAR



ONE SERVING OF FRUIT = ONE CUP | ONE SERVING OF VEGETABLES = ONE CUP

SUN	MON	TUES	WED	THURS	FRI	SAT
1.	2.	3.	4.	5.	6.	7.
Veggie Serving: _____ Fruit Serving: _____ Total: _____						
8.	9.	10.	11.	12.	13.	14.
Veggie Serving: _____ Fruit Serving: _____ Total: _____						
15.	16.	17.	18.	19.	20.	21.
Veggie Serving: _____ Fruit Serving: _____ Total: _____						
22.	23.	24.	25.	26.	27.	28.
Veggie Serving: _____ Fruit Serving: _____ Total: _____						

# MARCH

## 2026 NUTRITION CALENDAR



ONE SERVING OF FRUIT = ONE CUP | ONE SERVING OF VEGETABLES = ONE CUP

SUN	MON	TUES	WED	THURS	FRI	SAT
1.	2.	3.	4.	5.	6.	7.
Veggie Serving: _____ Fruit Serving: _____ Total: _____						
8.	9.	10.	11.	12.	13.	14.
Veggie Serving: _____ Fruit Serving: _____ Total: _____						
15.	16.	17.	18.	19.	20.	21.
Veggie Serving: _____ Fruit Serving: _____ Total: _____						
22.	23.	24.	25.	26.	27.	28.
Veggie Serving: _____ Fruit Serving: _____ Total: _____						
29.	30.	31.				
Veggie Serving: _____ Fruit Serving: _____ Total: _____	Veggie Serving: _____ Fruit Serving: _____ Total: _____	Veggie Serving: _____ Fruit Serving: _____ Total: _____				

# APRIL

## 2026 NUTRITION CALENDAR



ONE SERVING OF FRUIT = ONE CUP | ONE SERVING OF VEGETABLES = ONE CUP

SUN	MON	TUES	WED	THURS	FRI	SAT
			1.	2.	3.	4.
			Veggie Serving: _____	Veggie Serving: _____	Veggie Serving: _____	Veggie Serving: _____
			Fruit Serving: _____	Fruit Serving: _____	Fruit Serving: _____	Fruit Serving: _____
			Total: _____	Total: _____	Total: _____	Total: _____
5.	6.	7.	8.	9.	10.	11.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
12.	13.	14.	15.	16.	17.	18.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
19.	20.	21.	22.	23.	24.	25.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
26.	27.	28.	29.	30.		
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____	Total: _____	Total: _____	Total: _____	Total: _____		

# MAY

## 2026 NUTRITION CALENDAR



ONE SERVING OF FRUIT = ONE CUP | ONE SERVING OF VEGETABLES = ONE CUP

SUN	MON	TUES	WED	THURS	FRI	SAT
					1. Veggie Serving: _____ Fruit Serving: _____ Total: _____	2. Veggie Serving: _____ Fruit Serving: _____ Total: _____
3. Veggie Serving: _____ Fruit Serving: _____ Total: _____	4. Veggie Serving: _____ Fruit Serving: _____ Total: _____	5. Veggie Serving: _____ Fruit Serving: _____ Total: _____	6. Veggie Serving: _____ Fruit Serving: _____ Total: _____	7. Veggie Serving: _____ Fruit Serving: _____ Total: _____	8. Veggie Serving: _____ Fruit Serving: _____ Total: _____	9. Veggie Serving: _____ Fruit Serving: _____ Total: _____
10. Veggie Serving: _____ Fruit Serving: _____ Total: _____	11. Veggie Serving: _____ Fruit Serving: _____ Total: _____	12. Veggie Serving: _____ Fruit Serving: _____ Total: _____	13. Veggie Serving: _____ Fruit Serving: _____ Total: _____	14. Veggie Serving: _____ Fruit Serving: _____ Total: _____	15. Veggie Serving: _____ Fruit Serving: _____ Total: _____	16. Veggie Serving: _____ Fruit Serving: _____ Total: _____
17. Veggie Serving: _____ Fruit Serving: _____ Total: _____	18. Veggie Serving: _____ Fruit Serving: _____ Total: _____	19. Veggie Serving: _____ Fruit Serving: _____ Total: _____	20. Veggie Serving: _____ Fruit Serving: _____ Total: _____	21. Veggie Serving: _____ Fruit Serving: _____ Total: _____	22. Veggie Serving: _____ Fruit Serving: _____ Total: _____	23. Veggie Serving: _____ Fruit Serving: _____ Total: _____
24. Veggie Serving: _____ Fruit Serving: _____ Total: _____	25. Veggie Serving: _____ Fruit Serving: _____ Total: _____	26. Veggie Serving: _____ Fruit Serving: _____ Total: _____	27. Veggie Serving: _____ Fruit Serving: _____ Total: _____	28. Veggie Serving: _____ Fruit Serving: _____ Total: _____	29. Veggie Serving: _____ Fruit Serving: _____ Total: _____	30. Veggie Serving: _____ Fruit Serving: _____ Total: _____
31. Veggie Serving: _____ Fruit Serving: _____ Total: _____						

# JUNE

## 2026 NUTRITION CALENDAR



ONE SERVING OF FRUIT = ONE CUP | ONE SERVING OF VEGETABLES = ONE CUP

SUN	MON	TUES	WED	THURS	FRI	SAT
	1.	2.	3.	4.	5.	6.
	Veggie Serving: _____					
	Fruit Serving: _____					
	Total: _____	Total: _____	Total: _____	Total: _____	Total: _____	Total: _____
7.	8.	9.	10.	11.	12.	13.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
14.	15.	16.	17.	18.	19.	20.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
21.	22.	23.	24.	25.	26.	27.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
28.	29.	30.				
Veggie Serving: _____	Veggie Serving: _____	Veggie Serving: _____				
Fruit Serving: _____	Fruit Serving: _____	Fruit Serving: _____				
Total: _____	Total: _____	Total: _____				

# JULY

## 2026 NUTRITION CALENDAR



ONE SERVING OF FRUIT = ONE CUP | ONE SERVING OF VEGETABLES = ONE CUP

SUN	MON	TUES	WED	THURS	FRI	SAT
			1.	2.	3.	4.
			Veggie Serving: _____	Veggie Serving: _____	Veggie Serving: _____	Veggie Serving: _____
			Fruit Serving: _____	Fruit Serving: _____	Fruit Serving: _____	Fruit Serving: _____
			Total: _____	Total: _____	Total: _____	Total: _____
5.	6.	7.	8.	9.	10.	11.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
12.	13.	14.	15.	16.	17.	18.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
19.	20.	21.	22.	23.	24.	25.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
26.	27.	28.	29.	30.	31.	
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____	Total: _____	Total: _____	Total: _____	Total: _____	Total: _____	

# AUGUST

## 2026 NUTRITION CALENDAR



ONE SERVING OF FRUIT = ONE CUP | ONE SERVING OF VEGETABLES = ONE CUP

SUN	MON	TUES	WED	THURS	FRI	SAT
						1. Veggie Serving: _____ Fruit Serving: _____ Total: _____
2. Veggie Serving: _____ Fruit Serving: _____ Total: _____	3. Veggie Serving: _____ Fruit Serving: _____ Total: _____	4. Veggie Serving: _____ Fruit Serving: _____ Total: _____	5. Veggie Serving: _____ Fruit Serving: _____ Total: _____	6. Veggie Serving: _____ Fruit Serving: _____ Total: _____	7. Veggie Serving: _____ Fruit Serving: _____ Total: _____	8. Veggie Serving: _____ Fruit Serving: _____ Total: _____
9. Veggie Serving: _____ Fruit Serving: _____ Total: _____	10. Veggie Serving: _____ Fruit Serving: _____ Total: _____	11. Veggie Serving: _____ Fruit Serving: _____ Total: _____	12. Veggie Serving: _____ Fruit Serving: _____ Total: _____	13. Veggie Serving: _____ Fruit Serving: _____ Total: _____	14. Veggie Serving: _____ Fruit Serving: _____ Total: _____	15. Veggie Serving: _____ Fruit Serving: _____ Total: _____
16. Veggie Serving: _____ Fruit Serving: _____ Total: _____	17. Veggie Serving: _____ Fruit Serving: _____ Total: _____	18. Veggie Serving: _____ Fruit Serving: _____ Total: _____	19. Veggie Serving: _____ Fruit Serving: _____ Total: _____	20. Veggie Serving: _____ Fruit Serving: _____ Total: _____	21. Veggie Serving: _____ Fruit Serving: _____ Total: _____	22. Veggie Serving: _____ Fruit Serving: _____ Total: _____
23. Veggie Serving: _____ Fruit Serving: _____ Total: _____	24. Veggie Serving: _____ Fruit Serving: _____ Total: _____	25. Veggie Serving: _____ Fruit Serving: _____ Total: _____	26. Veggie Serving: _____ Fruit Serving: _____ Total: _____	27. Veggie Serving: _____ Fruit Serving: _____ Total: _____	28. Veggie Serving: _____ Fruit Serving: _____ Total: _____	29. Veggie Serving: _____ Fruit Serving: _____ Total: _____
30. Veggie Serving: _____ Fruit Serving: _____ Total: _____	31. Veggie Serving: _____ Fruit Serving: _____ Total: _____					

# SEPTEMBER

## 2026 NUTRITION CALENDAR



ONE SERVING OF FRUIT = ONE CUP | ONE SERVING OF VEGETABLES = ONE CUP

SUN	MON	TUES	WED	THURS	FRI	SAT
		1.	2.	3.	4.	5.
		Veggie Serving: _____				
		Fruit Serving: _____				
		Total: _____	Total: _____	Total: _____	Total: _____	Total: _____
6.	7.	8.	9.	10.	11.	12.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
13.	14.	15.	16.	17.	18.	19.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
20.	21.	22.	23.	24.	25.	26.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
27.	28.	29.	30.			
Veggie Serving: _____	Veggie Serving: _____	Veggie Serving: _____	Veggie Serving: _____			
Fruit Serving: _____	Fruit Serving: _____	Fruit Serving: _____	Fruit Serving: _____			
Total: _____	Total: _____	Total: _____	Total: _____			

# OCTOBER

## 2026 NUTRITION CALENDAR



ONE SERVING OF FRUIT = ONE CUP | ONE SERVING OF VEGETABLES = ONE CUP

SUN	MON	TUES	WED	THURS	FRI	SAT
				1.	2.	3.
				Veggie Serving: _____	Veggie Serving: _____	Veggie Serving: _____
				Fruit Serving: _____	Fruit Serving: _____	Fruit Serving: _____
				Total: _____	Total: _____	Total: _____
4.	5.	6.	7.	8.	9.	10.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
11.	12.	13.	14.	15.	16.	17.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
18.	19.	20.	21.	22.	23.	24.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
25.	26.	27.	28.	29.	30.	31.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						

# NOVEMBER

## 2026 NUTRITION CALENDAR



ONE SERVING OF FRUIT = ONE CUP | ONE SERVING OF VEGETABLES = ONE CUP

SUN	MON	TUES	WED	THURS	FRI	SAT
1.	2.	3.	4.	5.	6.	7.
Veggie Serving: _____ Fruit Serving: _____ Total: _____						
8.	9.	10.	11.	12.	13.	14.
Veggie Serving: _____ Fruit Serving: _____ Total: _____						
15.	16.	17.	18.	19.	20.	21.
Veggie Serving: _____ Fruit Serving: _____ Total: _____						
22.	23.	24.	25.	26.	27.	28.
Veggie Serving: _____ Fruit Serving: _____ Total: _____						
29.	30.					
Veggie Serving: _____ Fruit Serving: _____ Total: _____	Veggie Serving: _____ Fruit Serving: _____ Total: _____					

# DECEMBER

## 2026 NUTRITION CALENDAR



ONE SERVING OF FRUIT = ONE CUP | ONE SERVING OF VEGETABLES = ONE CUP

SUN	MON	TUES	WED	THURS	FRI	SAT
		1.	2.	3.	4.	5.
		Veggie Serving: _____				
		Fruit Serving: _____				
		Total: _____	Total: _____	Total: _____	Total: _____	Total: _____
6.	7.	8.	9.	10.	11.	12.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
13.	14.	15.	16.	17.	18.	19.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
20.	21.	22.	23.	24.	25.	26.
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____						
27.	28.	29.	30.	31.		
Veggie Serving: _____						
Fruit Serving: _____						
Total: _____	Total: _____	Total: _____	Total: _____	Total: _____		