





**VENTURE INTO  
VEGGIES!**

**NURTURE YOUR  
BODY, MIND,  
AND SPIRIT**

# Veggie Venture Challenge

**This challenge invites you to incorporate more vegetables into your day. Take the challenge today and give your body and mind the nourishment they deserve!**



This week long challenge is designed to help you increase the amount and variety of veggies to improve your overall well-being.



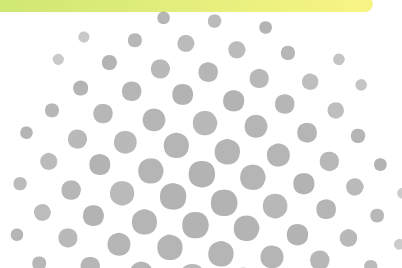
Learn about the benefits of eating power packed vegetables to help boost your recovery! Follow the tips and see how many points you can get.



Keep track of your veritable veggie intake using the *Veggie Venture Challenge Tracker* and earn points along the way. At the end of the challenge, add up your points to see how you did.

***Honor your body and your recovery journey!***

The activity will begin on \_\_\_\_\_ and end on \_\_\_\_\_





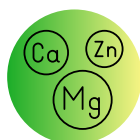
**EVERY BITE  
OF VIBRANT,  
NOURISHING  
VEGETABLES IS A  
STEP TOWARD  
HEALING YOUR BODY,  
STRENGTHENING  
YOUR MIND, AND  
RECLAIMING THE  
VIBRANT LIFE  
YOU DESERVE**

# Veggie Venture Challenge

*Welcome to the Veggie Venture Challenge!*

Get ready to nourish yourself from the inside out and rediscover the power of food to heal and transform. Let's start this journey toward vibrant health—one bite at a time!

Eating a variety of colorful vegetables offers a multitude of benefits for both physical and mental health, including:



### Replenish nutrient deficiencies

Substance use can deplete essential vitamins and minerals. Vegetables are rich in nutrients like vitamin C, magnesium, and potassium, which help restore balance.



### Enhance energy levels

Nutrient-dense vegetables provide a steady source of energy without the blood sugar spikes associated with processed foods.



### Boost mood and mental health

Vegetables are high in folate and antioxidants, which support brain health and reduce symptoms of depression or anxiety commonly experienced during recovery.



### Strengthen the immune system

Vitamins and antioxidants in vegetables (like vitamin A in carrots and vitamin C in bell peppers) support immune function, helping the body fight infections.



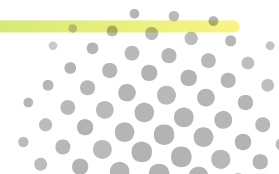
### Support liver detoxification

Cruciferous vegetables like broccoli, kale, and cauliflower contain compounds that aid liver function and help remove toxins from the body.



### Improve digestive health

Fiber-rich vegetables such as sweet potatoes, carrots, and leafy greens promote gut health, which is crucial for nutrient absorption and overall well-being.



# The Challenge

1. **Designate** a challenge coordinator. The coordinator will distribute and collect logs from participants. The coordinator will also send out the four challenge newsletters that are included in this challenge (either one each day on the first four days of the challenge or as the coordinator sees fit).
2. **Introduce** the challenge. An announcement poster is included with this challenge. Post the announcement poster in several locations around the facility.
3. **Inform participants** on the benefits of eating a variety of vegetables found on the front of this page. This may help participants understand the importance of the challenge and help encourage them to participate.
4. **Recruit** participants for the challenge by posting a sign-up sheet next to one of the announcement posters. Information about the challenge along with the benefits of eating vegetables can also be announced during meetings and events.
5. **Explain** how the challenge will progress and be scored. Individuals will track the amount of vegetables eaten and receive 1 point for each veggie on the tracker as well as 1 point for each “Quick Quest” completed. Points will be added at the end of the challenge, and the person with the most points wins!
6. **Distribute** the challenge log and quick tips to participants
7. **Send** challenge newsletters to participants at the beginning of each day.
8. **Remind** participants of the challenge end date in advance.
9. **Collect** log sheets on the designated collection date.
10. **Notify** the winners of the challenge within a couple days of collection. Hand out prizes if applicable. (Be creative-prizes do not have to be expensive, or even cost money. See the list of suggested prizes provided.) Placing an announcement on a bulletin board or congratulating winners during a gathering are great ways to recognize the participants.
11. **Discuss** changes that could be made in the facility that could encourage eating a wider variety of vegetables, like installing a garden and using the vegetables harvested as snacks.

**\*OPTIONAL  
EDUCATIONAL  
REINFORCER-  
VEGGIE STEAMER**



**\*OPTIONAL  
PRIZE IDEAS  
PRINTED CERTIFICATES-  
“LEAFY LEGEND”,  
“PLANT-BASED  
POWERHOUSE”, ETC.**

**VEGETABLE SEED  
PACKETS**

**PRODUCE BAGS**



# Veggie Venture Challenge Tracker

*As you eat different colors of vegetables throughout the week, mark one point in the box of the color of vegetable you eat. For each "Quick Quest" completed, add one point (or a sticker) to the color of your choice.*





# Veggie Venture Challenge

## Quick Quest

**COMPLETE THESE QUICK QUEST ACTIVITIES TO HELP YOU EAT A VARIETY OF VEGETABLES. EACH QUICK QUEST THAT YOU COMPLETE IS WORTH 1 POINT IN THE COLOR CATEGORY OF YOUR CHOICE**

**TRY A VEGETABLE YOU'VE NEVER HAD BEFORE**

**CHOP UP VEGGIES AND KEEP THEM EYE LEVEL IN THE FRIDGE READY FOR SNACKING**

**EAT A RED VEGETABLE**

**ADD AN EXTRA VEGETABLE TO SOUP OR A CASSEROLE**

**EAT A VEGETABLE AT BREAKFAST**

**EAT AN ORANGE VEGETABLE**

**HAVE A VEGETABLE AS A SNACK**

**SET AN ALARM OR ALERT TO REMIND YOU TO DRINK WATER**

**EAT A YELLOW VEGETABLE**

**SWAP OUT PASTA FOR SPIRALIZED ZUCCHINI, CARROTS OR SWEET POTATOES**

**EAT A GREEN VEGETABLE**

**ADD VEGGIES (LIKE LETTUCE, TOMATOES OR CUCUMBER) TO A SANDWICH**

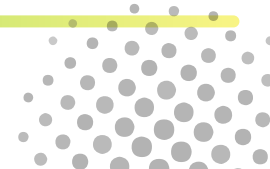
**TRY A VEGGIE YOU DON'T LIKE, BUT PREPARE IT IN A DIFFERENT WAY ( LIKE GRILLED OR AIR FRIED)**

**EAT A PURPLE VEGETABLE**

**TRADE OUT RICED CAULIFLOWER FOR WHITE RICE**

**EXPRESS KINDNESS-MAKE A VEGGIE SNACK FOR A FRIEND**

**ADD VEGGIES (LIKE SPINACH, CUCUMBER OR CARROTS) TO YOUR SMOOTHIE**





# Veggie Venture Challenge Newsletter #1



## *Tips for eating more vegetables:*

- Add veggies into the foods you are making each day (e.g., add lettuce and tomato to sandwiches or throw extra veggies into a casserole or meatloaf)
- Challenge yourself during each trip to the grocery store or farmers market to choose at least 1 new type of vegetable to try.
- Try to get a variety of colorful vegetables on your plate each meal



## *Different Colored Vegetables Provide Different Nutrients:*

- **Red** – Rich in lycopene and vitamin C, which help reduce inflammation, support immune system, and protect the heart, often weakened by substance use
- **Orange & Yellow**– High in beta-carotene and vitamin A, which aid in repairing damaged tissues, improving skin health, and enhancing vision. They also support liver detoxification.
- **Green**– Packed with folate, magnesium, and iron, which help restore energy levels and improve brain function
- **Blue & Purple**– Contain anthocyanins, which support brain function, reduce oxidative stress, and improve memory
- **White & Brown**– Offer immune-boosting compounds and help with gut health, which can be harmed due to past substance use

## *Rainbow Veggie Salad in a Jar*

### Ingredients:

- 2 tablespoons of your favorite salad dressing
- Mix of chopped vegetables (peppers, onions, corn, peas, tomatoes, carrots, avocado, whatever you like!) and other salad ingredients (beans, nuts, etc.)
- Salad greens

In a wide mouth canning jar, pour in salad dressing. Layer veggies and other salad ingredients, with the harder vegetables on the bottom and the softer vegetables on top. Top with salad greens. To serve, tip contents into a bowl and enjoy.





# Veggie Venture Challenge Newsletter #2

## *Tips for eating more vegetables:*

- Make veggies more convenient
  - Wash, chop and store veggies in containers ready to use
  - Place veggies at eye level in the front of the fridge so you grab them first
  - Pack them as a snack- carry baby carrots, cucumber slices or jicama sticks for on-the-go munching
- Keep frozen veggies on hand- they're just as nutritious as fresh



## *Vegetables can help boost energy levels and improve wellness:*



- Vegetables are rich in vitamins and minerals, like B vitamins, iron and magnesium, which help restore energy and fight fatigue caused by substance use
- They also help support detoxification. Many vegetables (such as leafy greens, broccoli, kale and cauliflower) help the liver and kidneys get rid of toxins, which can reduce sluggishness

## Ingredients:

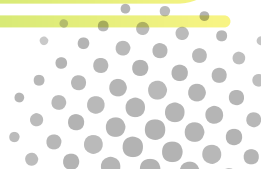
### *Veggie Fajitas*

- 2 tablespoons of olive oil
- 6 ounces sliced mushrooms
- 1 small red onion, sliced
- 1 tablespoon steak seasoning
- 1 poblano pepper, sliced into strips
- 1 small yellow squash, cut in half and sliced
- 1 small zucchini, cut in half and sliced
- 2 limes
- 1 tablespoon of honey
- flour tortillas
- salsa
- 1 cup cheddar jack cheese



## Directions:

1. Add olive oil to large skillet over medium high heat. Add mushrooms, onion, bell pepper, poblano, yellow squash and zucchini. Cook until vegetables are tender but still have a slight crunch, about 5-6 minutes. Stir occasionally, allowing vegetables to char. Season with the steak seasoning and stir.
2. Stir in lime juice and honey, and remove from heat.
3. Serve on tortillas with salsa and cheddar jack cheese.





# Veggie Venture Challenge Newsletter #3

## *Tips for eating more vegetables:*

- Add extra veggies in the foods you are already eating-the more the merrier!
  - Casseroles-add a variety of colorful veggies to your casseroles
  - Pasta dishes-add broccoli or peas and carrots to mac-n-cheese
  - Soups-throw in some extra carrots and celery in your chicken noodle soup
  - Salads-add of roasted beets or chopped peppers to your salad
  - Salsa-try adding broccoli or spinach to your salsa



## **Plant powered happiness: Eating veggies for mental health**

Eating vegetables can have a positive impact on mental health. The gut and brain are closely connected. Vegetables, especially those high in fiber like broccoli and carrots, promote a healthy gut microbiome, which can help with the production of mood-regulating chemicals like serotonin. Vegetables are packed with vitamins, minerals and antioxidants, which can help neurotransmitters function properly and help boost mood and mental health.



## ***Black Bean Jicama Dip***

*Makes 10 (1/2 cup) servings*

### **Ingredients:**

- 1 medium jicama, peeled & chopped (about 1 cup)
- 1 (15-oz) can black beans, drained & rinsed
- 1 cup corn, frozen or canned (drained and rinsed)
- 1/2 medium green bell pepper, seeded & chopped
- 1/2 medium red bell pepper, seeded & chopped
- 1/4 medium onion, diced
- 2 medium tomatoes, diced
- 1/4 cup fresh cilantro, chopped
- 1/3 cup light Italian salad dressing
- Salt and pepper, to taste



### **Directions:**

1. In a large bowl, combine jicama, beans, corn, peppers, onion, tomatoes, cilantro, and salad dressing.
2. Stir to coat all vegetables with dressing. Add salt and pepper to taste.
3. Cover and refrigerate at least 2 hours before serving so flavors can blend.
4. You can enjoy with tortilla chips or over lettuce for a fresh new salad!



# Veggie Venture Challenge Newsletter #4

## ***Tips for eating more vegetables: Fresh, frozen or canned all count***

- Fresh vegetables are high in nutrients when eaten soon after harvest and have great taste and texture.
- Frozen vegetables are picked and frozen at peak ripeness, locking in nutrients. They last longer than fresh and are usually more affordable.
- Canned vegetables have a long shelf life and are budget friendly, while still providing fiber and key nutrients.

## **Gut Instinct: How Veggies Defend Your Body in Recovery**

Eating vegetables helps strengthen your immune system, which is important because drug and alcohol use can weaken it. A big part of your immune system is in your gut, and vegetables help keep your gut healthy. They feed the good bacteria in your stomach, which helps your body fight off sickness and reduces harmful swelling (inflammation). Vegetables also have antioxidants—natural substances that protect your immune cells from damage caused by drugs and alcohol.



## **Orange Chicken Stir Fry**

### **Ingredients:**

- 1/2 cup orange juice
- 2 tablespoons of honey
- 1 tablespoon olive oil
- 1 tablespoon dijon mustard
- 1 tablespoon balsamic vinegar
- 3 cloves garlic (minced)
- 3 cloves garlic (minced)
- 1/4 teaspoon fresh grated ginger
- 1 pound boneless skinless chicken cut into chunks
- 1 red onion cut into large chunks
- 2 cups broccoli florets, zucchini, peppers or any other veggie you like
- Salt and pepper, to taste

### **Directions:**

1. Make the sauce by stirring together the orange juice, honey, olive oil, Dijon mustard, balsamic vinegar, garlic and ginger in a small bowl.
2. Spray a large skillet with non-stick cooking spray. Season the chicken breast with salt and sauté in skillet until lightly browned and cooked through. Remove chicken to a plate.
3. Respray the skillet and add onions and broccoli. Sauté until veggies are browned but still crisp. Add chicken back to the skillet with the vegetables. Pour sauce over chicken and veggies, stir, serve and enjoy!



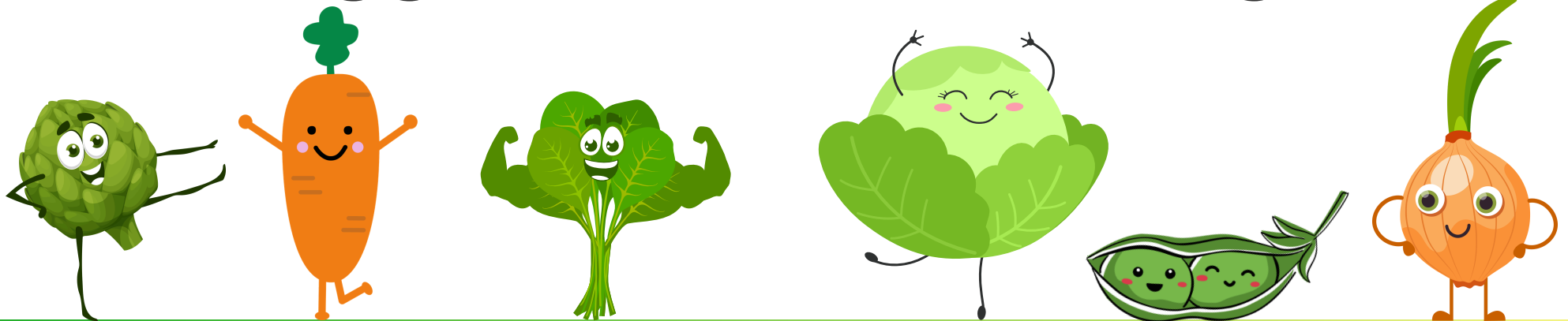
# Certificate of Participation

This certificate awarded to:



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For the successful completion of the one-week  
**Veggie Venture Challenge**



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**Signature**

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**Date**





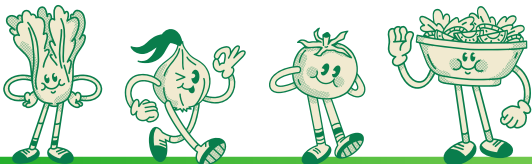
# Veggie Venture Challenge Chopped Event

## \*Optional Event: "Chopped" Salad Challenge

### Materials needed:

- 4 team tables
- 1 judges table
- 1 food ingredient table
- 4 large mixing bowls
- 4 medium mixing bowls
- 4 knives
- 4 cutting boards
- 4 veggie peelers
- 4 whisks
- 4 tongs or salad spoon sets
- food prep gloves
- aprons (optional)
- disposable taster bowls (for the judges to taste salads)

- Variety of salad items, such as:
  - several varieties of lettuce
  - raw vegetables-carrots, cucumber, tomato, peppers
  - fruits-berries, apple, pear, mandarin orange
  - nuts and seeds- sunflower, walnuts, almonds
  - beans and legumes- black beans, pinto beans, peas
  - cheeses- cheddar, parmesan, feta, blue cheese
- Variety of salad dressing ingredients, such as:
  - oils-olive, canola
  - vinegar-balsamic, apple cider, red wine vinegar
  - lemon juice
  - Dijon mustard
  - honey
  - garlic
  - fresh herbs-basil, oregano, chives, cilantro, dill
- A "mystery ingredient" item for the teams to incorporate into their salads (i.e., roasted beets, edible flowers, goat cheese, olives, orzo, whatever you think might be a fun "mystery ingredient")



### Setup:

For this event, at least 2-3 judges and 2 teams of 2-5 participants are needed for this activity. (For this example, we will use 4 teams)

1. Set up 4 tables to prepare salads on. Put one set of mixing bowls, knives, cutting boards, veggie peelers, whisk, tongs and gloves on each table.
2. Set up the judges table.
3. Set up a table with all of the salad ingredients for teams to choose what they will add to their salad.
4. Place "mystery ingredient" in a covered container and place one on each participant table.

# “Chopped” Salad Event

## Teams

- Divide participants into groups of 2-5
- Have each team choose a team name
- Put on aprons (optional)
- Stand at a team table

## The Challenge

- Have the teams uncover the “mystery ingredient”
- Allow the teams 5 minutes to discuss what type of salad they would like to make with each other
- After the 5 minutes, say “ GO” and allow the teams to gather their salad materials and begin salad preparation
- Allow 15 minutes for salad preparation
- Place sample of completed salad into taster container, one for each judge. (If there is extra salad, it can be distributed to onlooking participants)

## Judging

- Judges will taste each of the team’s salads
- Each judge will judge the team’s salads based on taste, colorful appearance and creativity, giving a score from 1-5 (1=just okay, 5=amazing) in each of the 3 categories. Each category will be added up and the team with the most points wins!

