

Leech Lake Diabetes Program

Gweyak mino wiisinidaa!

Let's Eat the Right Foods!

See rules on back

Use this monthly serving tracker to track your servings of fruits, vegetables, leafy greens and beans!

Date	#1	#2	#3	#4	#5
Example	1 apple	1 cup beans	1 cup carrots	1 cup squash	1 cup spinach
9/1					
9/2					
9/3					
9/4					
9/5					
9/6					
9/7					
9/8					
9/9					
9/10					
9/11					
9/12					
9/13					
9/14					
9/15					
9/16					
9/17					
9/18					
9/19					
9/20					
9/21					
9/22					
9/23					
9/24					
9/25					
9/26 Turn in					
9/27					
9/28					
9/29					
9/30 Drawing					
9/					

Printed Name: _____

Date: _____

Signature : _____

Rules:

1. Turn in, sign and dated tracker sheet (hard copy, emailed or picture sent) to the **Diabetes Clinic** by **MONDAY September 26th** Emailed to josh.redday@llojibwe.net.
2. Winners will be drawn on **Friday September 30th** Via Wheel of Names.
3. 1 person can only win 1 prize!
4. Any entry of fruits, vegetables, leafy greens or beans will be accepted!
5. Even if you ate one of these foods 1 time in the month of September and turn in your sheet, it will be accepted!

Good Luck! Eat Well 😊

Gweyak mino wiisinidaa!

