

Our Earth Day Challenge All Month Long

As part of our Earth Day Challenge for Earth Month, use a reusable bottle, bag and utensils, use alternative transportation from your car to get somewhere (walk/bike/Metro), AND to help you eat Vegan!

Take a fun journey to learn about healthy foods by eating through the Alphabet during Earth Month! Eat a healthy food each day in April based on the Alphabet.

Here are some ideas below!

April 1 **A**vocados, **A**pple, **A**sparagus, **A**zuki beans

April 2 **B**eans, **B**lueberries, **B**asil, **B**ell peppers

April 3 **C**olards, **C**arrots, **C**lentils

April 4 **D**ing Dong (KIDING!) **D**ates, **D**alton radish, **D**ill, **D**andelion

Keep going—

Eggs, **E**lderberries, **E**chinacea, **E**ggplant, **E**nglish walnut

Fig, **F**ennel, **F**iles, **F**ettuccini

Grapes, **G**arbanzo Beans

Herbs, **H**oney, **H**ummus, **H**orseradish

Ice tea, **I**rish moss, **I**sho potato

Jackfruit, **J**alapeno, **J**uniper berry

Kale, **K**idney beans, **K**ivi, **K**umquat

Lemon, **L**entils, **L**ent, **L**ytel

Melon, **M**int, **M**ustard, **M**ango, **M**ushroom, **M**acadamia nut

Navel oranges, **N**avy beans, **N**utmeg, **N**ettles

Olives, **O**ats, **O**regano, **O**range

Parsley, **P**epper, **P**ear

Quinoa, **Q**uince, **Q**uiche

Radishes, **R**ed beans, **R**aspberry leaf and berry

Salad, **S**almon, **S**callions, **S**pearmint, **S**ore!

Tomato, **T**angerine, **T**abbouleh, **T**urmeric, **T**ea, **T**hyme

Ugli fruit, **U**hams, **U**don noodles

Valencia oranges, **V**anilla beans, **V**iolet leaves and flower, **V**ichyssoise

Walnuts, **W**ilow, **W**ild cherry, **W**akame, **W**atermelon

Xanthan gum (gluten free additive), **X**oi, **X**ylitol (sweetener)

Yellow potatoes or tomatoes, **Y**am, **YY**ellow dock, **Y**ucca root

Zucchini, **Z**it

What a delicious and healthy month!