March Monthly Mindful Challenge Final

Please take the follow up Monthly Mindful Challenge survey below.

How has participating in this month’s challenge affected your desire to try new veggies, fruits, grains and/or lean proteins and do you think you will continue with it?

On a MONTHLY basis, how many new food have you tried?

- 0
- 1-2
- 3-4
- 5-6
- More than 6

Please list some of the new foods you tasted this month, if applicable.