

**Parents, are  
you leading  
the way?**



## **Do your kids have access to plenty of fruits and vegetables at home?**

- ☐ I keep a bowl of fresh fruit on the counter.
- ☐ I keep easy-to-eat vegetables and low-fat dip in the refrigerator where my kids can reach them.
- ☐ I serve two vegetables with dinner.
- ☐ I set a good example by snacking on fresh fruit like oranges, apples, grapes, and bananas.
- ☐ My freezer is packed with quick and easy vegetables.

