



Lead The Way

Choose fruits, vegetables and physical activity.

NATIONAL 5 A DAY MONTH SEPTEMBER 2004

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.



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DO YOUR KIDS HAVE ACCESS TO PLENTY OF FRUITS AND VEGETABLES AT SCHOOL?

- The cafeteria offers a variety of appealing fruits and vegetables.
- Fruits and vegetables are available as snacks in the classroom.
- The cafeteria has a salad bar.
- Ready-to-eat fruits and vegetables are offered in vending machines and school stores.
- Fruits and vegetables are offered as snacks in after-school programs.



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WHEN EATING OUT WITH YOUR KIDS, DO YOU TRY TO SET A GOOD EXAMPLE?

- I order salads when we stop at fast food restaurants and other restaurants.
- I order vegetable dishes, salads, or vegetable soup as an appetizer.
- I ask for the vegetable of the day instead of the French fries.
- I order dishes that are served with vegetables.
- I ask for a side of vegetables with my entrée.