Try This!

5-A-DAY BRACELETS

5-A-Day bracelets are a visual tool to remind kids to eat their 5 fruits and vegetables every day.

Order Let’s Go! jelly bracelets online by going to store.letsgo.org

How to use 5-a-day bracelets:

• Ask kids to put all 5 bracelets on their RIGHT wrist each morning.

• Each time they have a serving of fruit or vegetables, they move ONE bracelet to their LEFT wrist.

• The goal is to have all 5 bracelets on their LEFT wrist by the end of the day!

What counts as a 5-a-day serving?

• 1 medium-sized piece of fruit
• 1 cup raw, leafy salad
• ½ cup chopped fresh or canned fruit
• ½ cup cooked or canned vegetables
• ¼ cup dried fruit (raisins, dried apricots, etc.)
• ½ cup cooked beans or peas

This is a fun activity that can last for a whole week or even a month! Staff can participate too!