

Try This!

# 5-A-Day BRACELETS

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

**Order jelly bracelets online by going to [www.rebeccas.com](http://www.rebeccas.com) and typing jelly bracelet into the search box.**

## How to use 5-a-day bracelets:

- Ask students 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 bedtime!

## 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!**

**Teachers and staff can participate too!**

