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 and typing jelly bracelet into the search box.

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

Teachers and staff can participate too!

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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 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

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