

SCHOFIELD STRIVE FOR FIVE (PLUS DAIRY)



The 2009-2010 Schofield *Strive for Five Club* has about 12 members. The Strive For Five Club is based on the recommendations from the National Cancer Institute and the Center for Disease Control. Teaching children healthy eating practices early in life facilitates the development of lifelong sensible food choices.

The program recommends eating five or more servings of fruit or vegetables each day. Students are encouraged to join the club here at Schofield. Each child needs to eat **at least three** (but striving for five) servings of fruits or vegetables of any kind per day for at least **twenty days** in a month. We have copied a calendar on the other side of this page for your convenience. At the end of the month participants will receive special recognition and a choice.

The fruit and vegetable of the month has been a popular addition to the program. Look for the new fruit and vegetable of the month on the front of the calendar. Remember, one serving of a fruit or vegetable of the month counts as two.

In addition, 3 serving of dairy (or calcium) are recommended and can be added to the calendar. For example: 8 Oz. of Milk, 1-1.5 oz. of Cheese, 8 oz. of yogurt.

1) Use the calendar on the other side of this page to keep track of the fruits and vegetables eaten. To follow, each month calendars will be available (from Ms. Perry) for those students who choose to participate in the program.

2) Write in the foods when at least 3 servings of the fruit or vegetables group have been eaten for the day, using the following serving size guidelines:

Veggies	Fruits	
fresh or raw	1/2 cup chopped	1 medium or 1/2 cup
cooked	1/2 cup	1/2 cup
juice	3/4 cup	3/4 cup
raw leafy	1 cup	-
raisins dried	-	1/4 cup
canned	-	1/2 cup

3) Sign the calendar when 20 days (consecutive or non-consecutive) have been reached.
FUTURE CALENDARS WILL BE POSTED ON THE PTO WEBSITE.

4) Return form to the school nurse. Please call Ms. Perry at x 630 with any questions.