

## STRIVE FOR FIVE

Welcome back to another year of the *Strive for Five Club*! 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. A calendar will be sent each month highlighting the fruit and vegetable for children to record their fruit and vegetable intake. Children may turn in the form to the nurse's office when completed. At the end of the month participants will receive special recognition.

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 posted on the bulletin board in the hallway. Turn in your first calendar and receive a refrigerator calendar. After three calendars, receive a kid's cookbook. We hope to have a great number of students participating in this program.

Remember, one serving of a fruit or vegetable **of the month** counts as **2 servings!!**

- 1) Use the monthly calendar to keep track of the fruits and vegetables eaten.
- 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:

	<u>Veggies</u>	<u>Fruits</u>
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.
- 4) Return form to Ms. Marston. Please call Ms. Perry at x 630 or Ms. Marston at x602 with any questions.