

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](http://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!**