

## 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 Hardy. 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.

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! Last year there were 139 Hardy students who were part of the club- a 49% participation rate! Of these, 64 students were part of the club every month of the year and were able to choose their own prize as a reward! We hope to keep up the great success rate.

1) Use the calendar on the other side of this page 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:

	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.

4) Return form to Mr. Guzzi. Please call Mr. Guzzi at x 389 or Mrs. Sullivan at x302 with any questions.