

NATIONAL 5 A DAY MONTH | SEPTEMBER 2005



EAT FRUITS, VEGETABLES, AND BE ACTIVE!



DOES YOUR FAMILY GET AMPLE FRUITS, VEGETABLES, AND PHYSICAL ACTIVITY EVERY DAY AT HOME?

- As a parent, I understand the health benefits of fruits and vegetables.
- Fruits and vegetables are readily available for my family.
- Fruits and vegetables are always incorporated into family meals.
- Our family snacks on fruits and vegetables regularly.
- We always incorporate physical activity into family time.