



EAT FRUITS, VEGETABLES, AND BE ACTIVE!



**DO YOUR KIDS GET PLENTY OF FRUITS, VEGETABLES, AND PHYSICAL ACTIVITY AT SCHOOL?**

- My child's school offers fruits and vegetables in the cafeteria, vending machine, school stores, classrooms, and at school parties.
- Fruit and vegetable taste testing and food demonstrations are offered in the classroom or cafeteria to encourage children to try a variety of produce.
- The principal, teachers, and other school staff know the importance of eating plenty of fruits and vegetables and engaging in physical activity every day. They model healthy habits.
- I am aware of healthy nutrition policies at my child's school.
- My child's school and youth program incorporates physical activity during the school day and offers after-school physical activities.