

Ready-to-Copy Materials

Remember – the 5 A Day logo is licensed.

- It cannot be altered or changed
- It should not be used to promote foods that are high in fat, saturated fat, cholesterol or sodium (see “Frequently Asked Questions”)



Before making copies, remember to customize the:

- Fact sheet
- Flyer
- Table Tent
- Cover memo to Parent/Guardian
- Buddy Up!
- Certificate
- Breakfast Ideas, Recipes, Dining Out Tips
- Sample Logs



When the logo is
 $\frac{3}{4}$ inch or smaller,
use this design





Fact Sheet

What is the Get Fit With 5 Challenge?

The Challenge promotes fruits, vegetables, and physical activity.

What is 5 A Day?

The 5 A Day for Better Health Program is a nationwide nutrition campaign to encourage Americans to eat 5 to 9 servings of fruits and/or vegetables every day. The lead federal agency is the National Cancer Institute in the U.S. Department of Health and Human Services.

How many servings do I need?

5 A Day is based on the Food Guide Pyramid – a component of the “Dietary Guidelines for Americans.”

	Fruits	Vegetables	Total
<ul style="list-style-type: none"> Children ages 2 to 6 Older adults 	2	3	5
<ul style="list-style-type: none"> Children over age 6 Teen girls Most women 	3	4	7
<ul style="list-style-type: none"> Teen boys Most men 	4	5	9

Does it have to be fresh fruits and vegetables?

No, frozen, dried, and canned fruits and vegetables count, too. So does 100% fruit or vegetable juice.

How big is a serving?

6 ounces of 100% juice
 1 medium piece of fruit
 1/4 cup dried fruit
 1/2 cup berries or chopped fruit
 1 cup raw leafy vegetables (lettuce or spinach)
 1/2 cup cooked vegetables or beans (lentils, pinto, kidney).

What will the participants do?

For five consecutive days, participants will be challenged to:

- Eat 5 to 9 servings of fruits and vegetables every day
- Do 30 minutes of (cumulative) physical activity every day
- Try a different fruit or vegetable each day
- _____

When is it?

The Challenge will be Monday _____ to Friday _____.

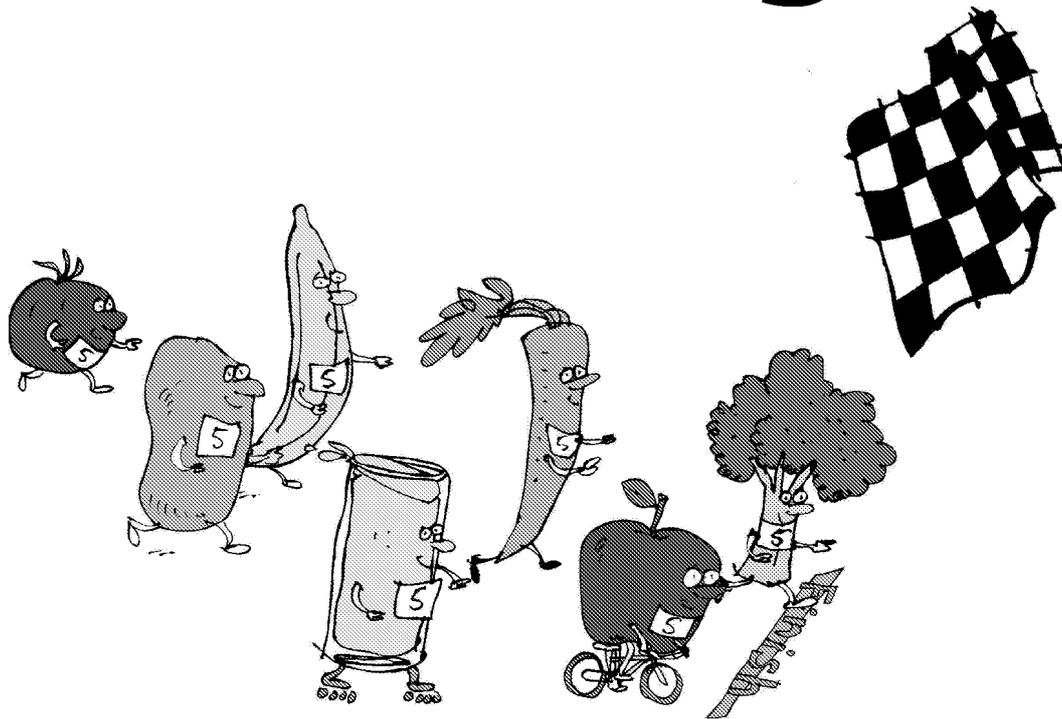
What type of physical activity counts?

Here are a few examples: walking, gardening, playing basketball or football, wheeling self in wheelchair, bicycling, dancing, pushing a stroller, raking, shoveling snow, swimming, jumping rope, running, stairwalking.

Do home meals count?

Yes. Although fruits and vegetables are part of the school lunch, your child will need to eat 2-3 servings at home each day to reach a total of 5 A Day.

Get Fit With 5 Challenge



Take the Challenge!



Take the Get Fit With 5 Challenge!

- Eat 5 to 9 servings of fruits and vegetables every day
- Do 30 minutes of physical activity every day



NH 5 A Day for Better Health Program
Department of Health and Human Services
Office of Community and Public Health
Bureau of Nutrition and Health Promotion

How big is a serving?

- 6 ounces of 100% juice
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- 1/2 cup cooked vegetables or beans (lentils, pinto, kidney)

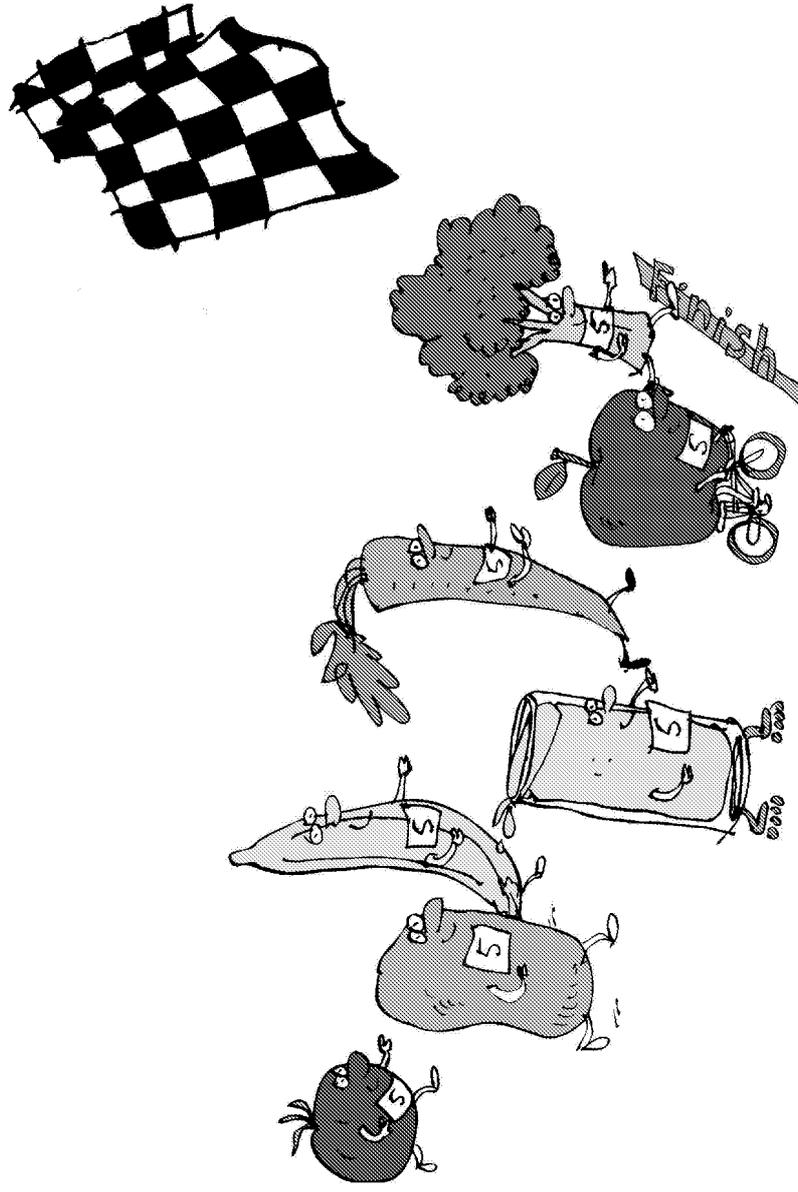
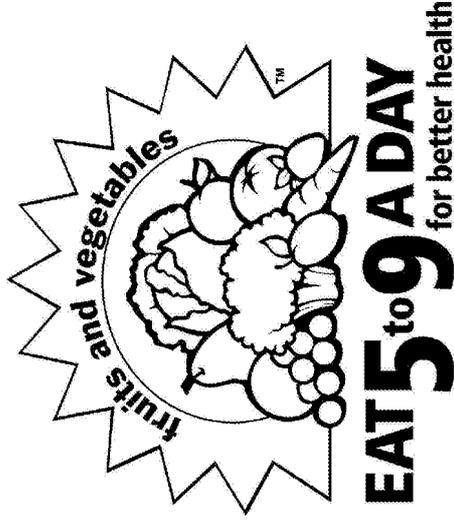


Table Tent: fold in thirds and tape



Get Fit With 5 Challenge

Dear Parent or Guardian,

During the week of Monday _____ through Friday _____ our school will participate in the Get Fit With 5 Challenge. The Challenge is sponsored by the NH 5 A Day for Better Health Program in the Department of Health and Human Services.

Your child will learn about:

- Fruits and vegetables
- Physical activity
- How important both are to overall health

I hope you will support your child in meeting the Challenge by:

- Leading your family in the Get Fit With 5 Challenge
- Helping your child complete the Log

Thank you!

Sincerely,

Please return this form to the school. Thank you!

Yes, my child, _____, can participate in the Get Fit With 5 Challenge. I will do my best to help him/her:

- Try a new fruit or vegetable every day for a week
- Eat 5 to 9 servings of fruits and/or vegetables every day
- Do 30 minutes of physical activity every day
- Log-in the fruits, vegetables, and physical activity on the Student Log

Signature: _____ Date: _____

Parent/Guardian



Buddy Up!

When you start something new, like the Get Fit With 5 Challenge, it's good to have a buddy. When you don't feel like walking or you're tired of carrot sticks, a buddy can help you stay on track.

Who Can Be My Buddy?

A buddy who already walks and eats 5 A Day every day, is ideal but not required. Ask a buddy who you know will be supportive of the Challenge! Think about asking a third person to be a "back-up buddy" during tough times.

Make a Promise . . .

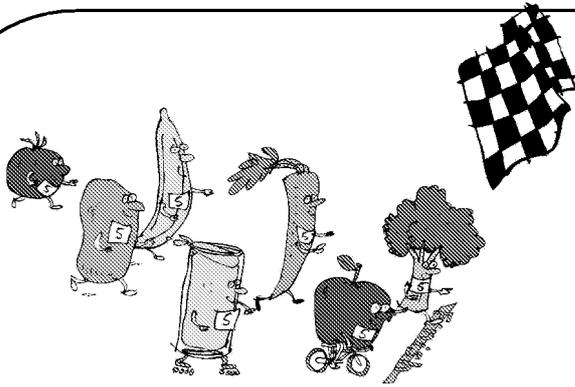
Promise to check-in once a day with your buddy no matter what – especially on bad days. That's when a buddy can be the most help. Think about using a written promise like the Buddy Pledge.

Tell Your Buddy . . .

- Why you need support.
- What you expect to be hard for you.
- How he or she can help you.
- About any problems you may be having. Remember, honesty is important.
- When you need a pep talk or a new idea to get you through tough times.
- About your successes.

How Can We Support Each Other?

- Avoid judging and nagging.
- Be a better listener than talker.
- Recognize and celebrate small successes.



Get Fit With 5 Challenge Buddy Pledge

I, _____, agree to help

_____ meet the Get Fit With 5 Challenge

I promise to help by _____

Signed _____

Date _____

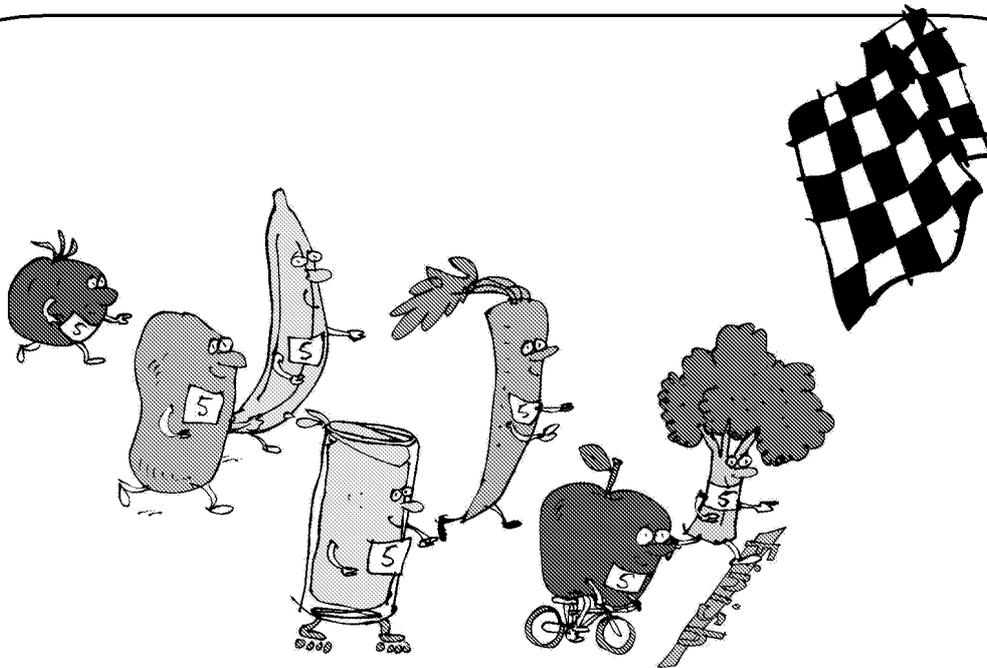
I, _____,

promise to report to my buddy,

every day--no matter what.

Signed _____

Date _____



Get Fit With 5 Challenge

This certifies that

took the Challenge

Signed

Date





Breakfast Ideas

- First Thing** Wake up to a cold glass of 100% apple, orange, grapefruit, or tomato juice.
- Pancakes or Waffles** Top your pancakes or waffles with frozen and fresh berries or canned fruit. Steamed apples with cinnamon and yogurt are also great!
- Yogurt** Sprinkle frozen (thawed) or fresh berries over low-fat, vanilla-flavored yogurt.
- Cereal** Slice apples, a banana, juicy peaches, strawberries, blueberries, or raisins into a bowl of cold cereal.
- On the Run?** Grab an extra piece of fruit or a 100% fruit or vegetable juice box for when you do get the munchies later on.

Quick Recipes

- Sweet Potatoes** Microwave sweet potatoes. Peel. Mash with fork and flavor with honey, ginger and cinnamon. Serve as a side dish at dinner or try it as a snack.
- California-style Pizza** Top off your California-style pizza with lots of healthy peppers, assorted mushrooms, spinach, onions, and pineapple. Don't forget to add fresh tomatoes.
- Burrito** Mash beans and place in soft flour tortillas, grate a small amount of cheese on top, roll up, and microwave for quick burritos. Try different kinds of beans or adding other vegetables like red or green peppers.
- Fruit Soup** For a Scandinavian treat, how about some fruit soup! Just mix strawberries or frozen raspberries in a blender.
- Warm Fruit Compote** Combine dried fruits (cherries, blueberries, prunes, cranberries, apricots, dates and/or figs) and soak in cider for 10 minutes. Add cinnamon, nutmeg, and orange juice to taste. Boil, simmer and serve warm. Delicious!
- Fresh Seasonal Fruits** Mix fresh berries, pineapple, bananas, peaches, mangoes, and/or papaya with peach or apricot nectar. Add orange peel. Heat gently and serve warm.

Dining-Out Tips

- Ordering in a Restaurant**
- For an appetizer, try fruits and vegetables like fruit and yogurt, salad with dressing on the side or crunchy vegetables.
 - Order main dishes that have tasty combinations of vegetables and fruits.
- Fast Food Restaurants**
- Order 100% juice instead of soda.
 - Have a side salad to go with your small burger.
 - Try a baked potato with your chili.

