

Try This!

5-A-Day BRACELETS

5-A-Day bracelets are a visual tool to remind students to eat their 5 fruits and vegetables every day.

Order jelly bracelets online by going to www.rebeccas.com and typing jelly bracelet into the search box.

How to use 5-a-day bracelets:

- Ask students 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 bedtime!

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!

Teachers and staff can participate too!

