

Dole 5 A Day

<http://www.dole.com/superkids/>

Summary: A comprehensive tool that promotes eating 5-9 servings of fruits and vegetables per day for students K-5.

Details: Dole provides classroom resources designed to provide "Everything you need to get your students excited about eating fruits and vegetables." Downloadable fitness and "5 A Day" tracking worksheets are designed to motivate and encourage students to increase activity and fruit/vegetable consumption. It documents details on how to implement healthy snacking behavioral change. Other resources include a tool kit with instructions for creating active nutrition adventures at the school. It includes a "kids section" and a bilingual section.