





SLO
FOOD BANK





**Find more nutrition tips and recipes at
[Slofoodbank.org/nutrition](https://slofoodbank.org/nutrition)**




1 Eat a variety of fruits and vegetables (fresh, frozen and canned ALL count!) 

2 Test out a new recipe in the kitchen 


3 Aim for 2 servings of fruit and 3 servings of vegetables a day (a serving is about the size of your fist) 


4 Enjoy fruits and veggies as an after school snack 


5 Add fruit to water for a sugar-free sweet drink (a soda has 12 tsp of sugar!) 





 **Check Off Your Healthy Habits**

Tried a new fruit 

Ate breakfast 

Was physically active for 30 min a day 

Tried a new vegetable 

Drank water instead of soda 

Ate all 5 food groups 