5-A-DAY BANDS:

HOW TO USE

each morning. Put all 5 bands on the RIGHT wrist

LEFT wrist. vegetable, move one band to the Each time you eat a serving of fruit or

The goal is to have all 5 bands on the

LEF1 wrist by the end of the day!

- INITIATIVE -Healthiest State



5-A-Day

Fruit & Veggie

Bands

A helpful way to remember to eat

5 fruits and vegetables every day!

5 2 1



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Healthy Choices Count!





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LEFI Wrist.

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