

September

Fruits & Veggies: More Matters Month



Half your plate should be fruits and vegetables



Choose fresh or frozen fruits and veggies



The daily recommendation is:

Children 2 – 3 years old:

1 cup of fruit 1 cup of veggies

Children 4 – 8 years old:

1 ½ cups of fruit 1 ½ cups of veggies



for great kids!

www.tipsforgreatkids.com

National Awareness Flyers