

# Fruit & Veggie Patrol!



**One day each month at Wilcox and Bissell the Fruit and Veggie Patrol will stop by your lunch to catch you eating your fruits and vegetables. If caught, you**

**will receive a fun prize or a foam fruit sticker!**

**What counts as a fruit or veggie?**

**Whether you pack a lunch or buy one, any fruit or vegetable counts!**

**Fresh fruit, dried fruit, canned fruit, 100% Fruit Juice, salad, veggies on the side, veggies in a sandwich, veggies in a pasta, soup, casserole, or other item.**

**Goal of the Program:** To promote and encourage fruit and vegetable consumption among students.

**Why Fruits and Veggies?** The program is a fun way to get students excited about eating healthy in an effort to help meet the 2010 Dietary Guidelines developed by the USDA which calls for a decreased consumption of refined grains, excess sugars, and fats, and an increased fruit and vegetable intake.