

5 A Day Family Contract



We have discussed 5 A Day as a family and recognize the importance of eating 5 to 9 servings of fruits and vegetables every day for good health. We pledge to reach our 5 A Day goal every day as a family by taking the following actions:

1. _____
2. _____
3. _____
4. _____
5. _____

(Child's Signature)

I pledge to be a role model for my family by eating 5 to 9 servings of fruits and vegetables a day. I will try my best to help my family eat 5 A Day so that we will all be healthy.

(Parent's Signature)

I pledge to help my child reach his/her 5 A Day goal and strive to reach my own 5 A Day goal by taking the actions my child and I have agreed upon. I promise to reinforce the importance of eating fruits and vegetables in our home in an effort to make us a "5 A Day Family."