

Instructions

- Slides 2 – 5 are title pages.
- The bulletin board is designed to highlight Nutrition Month (March) or may be used any time.
- Your agency was given a set amount of Sesame Street Kits. It is recommended that one kit be kept as an on-site resource for future use.
- Suggested handouts which may be used:
 - How to Get Your Children to Eat More Fruits & Vegetables
 - Get Active With WIC Handout

Healthy

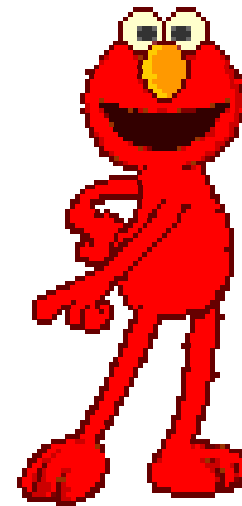
Habits

For

Life

Elmo Says!

- **Eat 5 Fruits and Vegetables Every Day!**
- **Being Active Makes You Healthy and Strong!**
- **“Anytime” foods are good for you!**





**How can my family
eat fruits and
vegetables every
day?**



Lift for answer





Breakfast--Add fruit to your cereal.



Snack—Nibble on your favorite fruit or vegetable.



Lunch---Add a piece of fruit and veggies to your lunch.



Dinner--Serve A vegetable every night and have fruit for dessert.



**What other ways
can my family
stay healthy?**



Lift for answer



Get Moving

- **Move and play everyday.**
- **Get the whole family involved.**
 - **DANCE !**
 - **TWIST !**
 - **WIGGLE !**
 - **HOP !**
 - **RUN !**



Move and Play Everyday!



Look at me! Look at you!

Look at what our bodies can do!

Dance, dance, dance!

Run, run, run!

Moving our bodies is so much fun.

We can jump, jump, jump!

We can hop, hop, hop!

We can wiggle, wiggle, wiggle!

Then we can stop, stop, stop.





**My family likes to
snack, is that
okay?**



Lift for answer



Yes, your family can have snacks.

- Try to have snack foods that are “anytime” foods such as fruits, vegetables, whole grain bread, and low-fat milk.

