

It's important for a healthy body to eat 5 fruits and/or veggies every day. Every time you eat a piece of fruit or a veggie you can put a paper one into your bushel basket. Try to have 5 or more in the basket by the end of the day!



Cut out fruits, vegetables and bushel basket. Cut dotted line in middle of basket. Either (a) tape basket to the fridge along the sides and bottom and slip fruits/veggies inside, or (b) use sticky back magnets to put items on the fridge.