Classroom Contract

We have discussed Eating Your Colors **as a class and understand the importance of eating five or more servings of colorful fruits and vegetables every day to promote good health. We pledge to continue to eat colorful fruits and vegetables every day by taking the following actions:**

Example: *We will bring fruits and vegetables for snacks and class parties.*

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

I pledge to try my best to be a role model for my classmates and teacher by eating at least five servings of colorful fruits and vegetables every day.

Students' Signatures

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I pledge to help myself and my students reach our own fruit and vegetable goals by taking the actions my students and I have agreed upon. I promise to reinforce the importance of eating a variety of colorful fruits and vegetables every day.

Teacher's Signature

_____

Alameda County Public Health Department Nutrition Services 3600 Telegraph Ave. Oakland, CA 9460
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For information about the California Food Stamp Program, please call 1-888-999-4772