



Here's an incentive for you – and your program!

The NH 5 A Day for Better Health Program wants to encourage *New Hampshire* schools, worksites, or senior/youth/community programs to hold a Get Fit With 5 Challenge. Tell us what you are planning to do and we will do our best to help out with incentives for your program. ***This offer is for New Hampshire programs only.***

Directions

- Please print or type.
- Use the back of this page if you need more space.
- Use a separate form for each program you are planning.
- **If you have questions:** 603-271-4830 or (in NH only) 800-852-3345, Ext.4830
- **Mail completed form to:** NH 5 A Day for Better Health Program, 29 Hazen Dr, Concord, NH 03301
- **Please allow 2-4 weeks for delivery.**

Contact person			Title		
Organization/Agency/Business			Day phone		
Address			Fax		
Town		NH	Zip		Event begins on *
Name of event			Event ends on *		
Target Audience					
<input type="radio"/>	Children/youth ½	How many?	Age/s?	Grade/s?	Number of classrooms
<input type="radio"/>	Adults ½	How many?	Age/s?	Employees?	<input type="radio"/> Yes <input type="radio"/> No
<input type="radio"/>	Other – please specify (e.g. families, older adults) ½				
Program goals					<u>For Office Use Only</u>
Our programming will include (check all that apply)					Bkcvr Chart Ckbk Colrgbk Frsb Keychn Lunchbg Mgnt Notbk Rlr Sds T-sh Wtrbti
<input type="radio"/> Knowledge about 5 A Day serving sizes.					
<input type="radio"/> Knowledge about vitamins A and C, fiber, and cabbage-family vegetables and sources for each.					
<input type="radio"/> Challenge – please describe:					
<input type="radio"/> Try ____ new fruits/veggie/s each day for ____ days out of ____ for ____ week/s.					
<input type="radio"/> Eat ____ servings of fruits/veggie/s each day for ____ days out of ____ for ____ week/s.					
<input type="radio"/> Do ____ minutes of physical activity for ____ days out of ____ for ____ week/s.					
<input type="radio"/> Other Challenges – please specify:					
<input type="radio"/> We will foster family involvement by _____					
<input type="radio"/> We will foster a "5 A Day friendly" school/worksite/center/etc. by:					
<input type="radio"/> Offering fruit and vegetable snacks					
<input type="radio"/> Offering fruit/vegetable "special/s" (entrees, salads, side dishes, desserts) in our cafeteria					
<input type="radio"/> Other – please specify _____					
<input type="radio"/> Other – please specify:					

*** Remember -- March is 5 A Day Month in New Hampshire! ***