



# DEAR PARENT:

This custom **Over The Hedge** fun & games book, developed by Produce for Better Health Foundation (PBH) for Wal-Mart, makes it simple for children and busy parents to remember to eat a colorful variety of fruits and vegetables every day. By doing this, your child will be taking steps to develop lifelong eating habits that help achieve and maintain a healthy weight, grow a strong, healthy body and reduce their risk of developing some cancers and other chronic diseases.

The pages inside help children learn about grouping fruits and vegetables by color (**blue/purple**, **green**, **white**, **yellow/orange** and **red**) and the importance of eating a variety from each of the 5 color groups every day. Studies show that families with children are least likely to eat the amount of fruits and vegetables needed for optimal health, which is 5 cups for moderately active adults and active teens, 3-5 cups for children 4-13 years old and 2-3 cups for children under 3 years old.

Please join PBH and Wal-Mart in our excitement and go "Over The Hedge for Fruits and Vegetables." Enjoy an educational and entertaining way for your child to learn healthy, lifelong eating habits.

To learn more about the health benefits of fruits and vegetables and ways to include more in your daily diet, go to PBH's web site at [www.5aday.org](http://www.5aday.org).

Eat in Good Health,

Produce for Better Health Foundation

