**Go for the Greens 2022 – Morning Announcement(s)**

Following are five days of morning announcement scripts to help promote your school’s Go for the Greens celebration and teach students important facts about healthy snacking.

**Thursday**

Good morning students! Green vegetables make a great tasting and fun snack and they’re an important part of a nutritious diet. It’s easier than you think:

* Start your day with a healthy glass of 100% fruit juice
* Bring carrots and celery for lunch or buy a vegetable from the lunch line
* Grab a whole piece of fruit like a banana or orange as an after-school snack
* And ask your family to have at least one vegetable for dinner each day
* Choose green vegetables for lunch today!

**Friday**

Don’t forget what we learned yesterday, eating healthy and being active is very important. One way to eat healthier is to add fruits and vegetables to meals and snacks.

It is recommended that you eat five or more servings of fruits and vegetables each day. Keep striving to get your servings in!

**Monday**

Eating fruits and vegetables provides you with valuable vitamins and minerals you need for good health.

Try a green vegetable at lunch today or ask for one as an after-school snack.

**Tuesday**

Tomorrow we will be celebrating Go for the Greens!

Remind students to wear green and/or to be ready to eat green fruits and vegetables.

Encourage students to try a green fruit or vegetable that they have never tried before.

**Wednesday**

Good morning students! Today we will be celebrating Go for the Greens!

[INSERT HOW YOUR SCHOOL WILL BE CELEBRATING Go for the Greens]