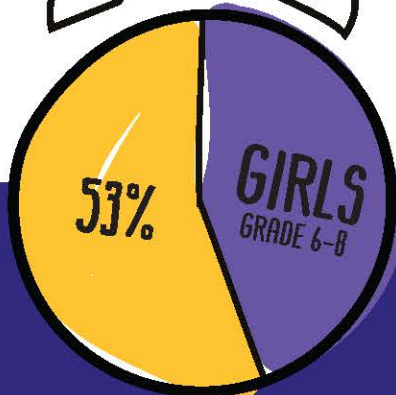
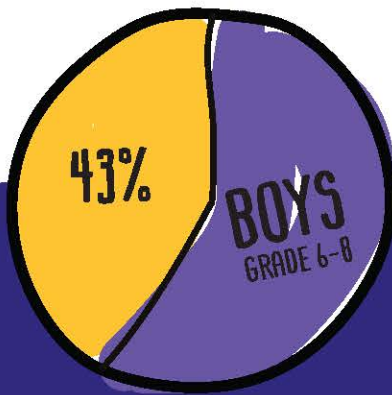


**59%**

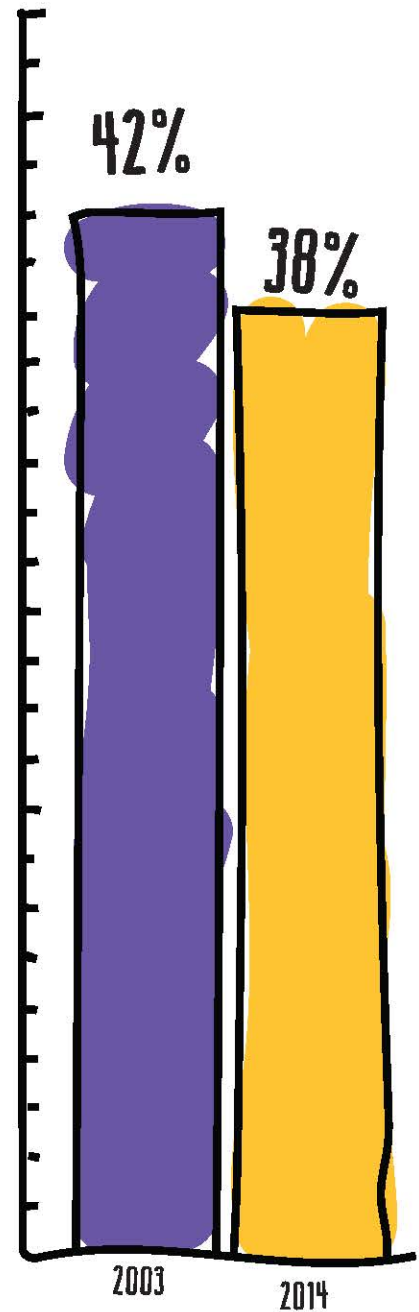
of Canadian children  
2-17 years of age  
**consume less**  
than 5 servings of  
vegetables and fruit a day.



Percentage of Ontarians  
who ate 5 servings of  
veggies and fruit a day.



**Only 43%** of boys and **53%** of girls  
reported eating vegetables and fruit  
once or more a day.



ONTARIANS AGE 12 AND UP

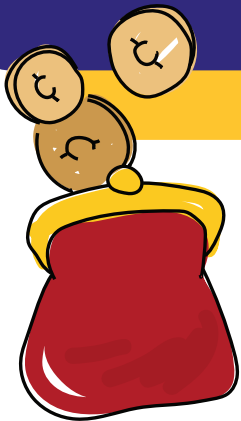
Children were almost

**5X** more likely to meet daily  
requirements when  
served vegetables and fruit  
as snacks between meals.

**7 out of 10**  
children aged 4-8  
**did not**  
meet the minimum  
requirement of  
**5 servings**  
**a day.**



**This pattern continues into adulthood.  
Children tend to eat fewer vegetables as they get older.**



**Fresh, frozen and canned vegetables and fruit  
are an affordable way to get daily servings.**

**Think local. Ontario produces  
over 50 varieties of vegetables and fruit.**

