



TO: Teachers, Youth Leaders, and the Young-at-Heart

RE: Fruit and Veggie Knock! Knock! Bookmarks

**Knock! Knock!
Who's there?
Mark.
Mark who?
Fruit and Veggie
Knock! Knock!
Bookmarks!**

Suggestions for using the Knock! Knock! Bookmarks

- Incentives for fruit and veggie activities
- Free bookmarks at your town or school library
- Book Fair freebies
- Payroll stuffers
- Rainy Day activity, gifts, or a community service project
- (donate them to your local hospital, nursing home, or library):
 - Copy them onto colored paper or card stock
 - On the back, add:
 - Fruit and vegetable stickers
 - Drawings of fruits and vegetables
 - Glue apple seeds in the shape of a flower or star
 - Laminate the bookmarks for more durability

We have more materials to help you promote fruits and veggies:

- Fact sheets and brochures
- Recipes
- Games
- Posters
- Exhibit

How to Reach Us

Phone: 800-852-3345, Ext.4551 (NH only) or 603-271-4551

Email: OPP@dhhs.state.nh.us

Website: <http://www.dhhs.nh.gov/dphs/nhp/obesity.htm>

Knock! Knock!

Who's there?

Art.

Art who?

Artichokes can add variety and fiber to your life!

Knock! Knock!

Who's there?

Arthur.

Arthur who?

Authorities say that eating fruits and veggies can help you stay healthy.

Knock! Knock!

Who's there?

Aunt.

Aunt who?

Aren't you glad I reminded you to Fill half your plate with fruits and veggies?

Knock! Knock!

Who's there?

Baby.

Baby who?

Baby lima beans are delicious! Try them fresh, canned or frozen.

Knock! Knock!

Who's there?

Barry.

Barry who?

Add berries to your cereal and desserts.

Fill half your plate with fruits and veggies at every meal and snack.

Fill half your plate with fruits and veggies at every meal and snack.

Fill half your plate with fruits and veggies at every meal and snack.

Fill half your plate with fruits and veggies at every meal and snack.

Fill half your plate with fruits and veggies at every meal and snack.

All Forms Count

Fresh

Canned

Frozen

Dried

100% Juice

Legumes (like lentils, pinto beans, split peas)

All Forms Count

Fresh

Canned

Frozen

Dried

100% Juice

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Knock! Knock!
Who's there?
Belle.
Belle who?
Bell peppers
are rich in
flavor, color and
vitamin C.

Knock! Knock!
Who's there?
Ben.
Ben who?
Cooked beans
can count as part of
your daily veggies.

Knock! Knock!
Who's there?
Billy.
Billy who?
Billy the
Kid-ney Bean!

Knock! Knock!
Who's there?
Carrie.
Carrie who?
Carry fruits and veggies
to work.

Knock! Knock!
Who's there?
Corey.
Corey who?
Core-y an apple,
add raisins and
cinnamon,
and bake it for dessert.

Fill half your plate with
fruits and veggies at
every meal and snack.

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Knock! Knock!
Who's there?
Curly.
Curly who?
Curly-leaf endive
will add
vitamins and variety
to your salad.

Knock! Knock!
Who's there?
Dan.
Dan who?
Dandelion greens add
novelty, vitamins,
and minerals
to your life.

Knock! Knock!
Who's there?
Danielle.
Danielle who?
Don't yell at me- --
I ate my
fruits and veggies
today!

Knock! Knock!
Who's there?
Doug.
Doug who?
Doggone it! --
don't forget your
fruits and veggies
today!

Knock! Knock!
Who's there?
Earl.
Earl who?
Early in the spring, try
fresh
snow peas
and pea pods.

Fill half your plate with
fruits and veggies at
every meal and snack.

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Knock! Knock!
Who's there?
Ella.
Ella who?
Elephant garlic adds
spice to your life!

Knock! Knock!
Who's there?
Evan.
Evan who?
Even if you're
in a hurry,
you can microwave
veggies
in 5 minutes.

Knock! Knock!
Who's there?
Fergie.
Fergie who?
Forget to eat
fresh fruits?
Keep them in a bowl
on your table
or in your fridge.

Knock! Knock!
Who's there?
Frank.
Frank who?
Frankly,
you could use more
fruits and veggies.

Knock! Knock!
Who's there?
Granny.
Granny who?
Granny Smith apples
make a great snack.

Fill half your plate with
fruits and veggies at
every meal and snack.

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Knock! Knock!
Who's there?
Gus.
Gus who?
Asparagus
is yummy served
hot or cold.

Knock! Knock!
Who's there?
Honey.
Honey who?
Honeydew
is great at
any meal or snack.

Knock! Knock!
Who's there?
Joy.
Joy who?
Join the crowd!
Eat lots of
fruits and veggies
every day!

Knock! Knock!
Who's there?
Jonathan.
Jonathan who?
Jonathan apples
are
extra crisp and tart.

Knock! Knock!
Who's there?
Juan.
Juan who?
One cup of
fresh leafy
veggies!
Try it with *your*
lunch or dinner!

Fill half your plate with
fruits and veggies at
every meal and snack.

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Knock! Knock!
Who's there?
Juanita.
Juanita who?
One itty-bitty box
of raisins
makes a great snack!

Knock! Knock!
Who's there?
Julius.
Julius who?
Orange Julius
is a refreshing way
to get to get some
fruit juice
into your day!

Knock! Knock!
Who's there?
Justin.
Justin who?
Just in case you
were wondering,
one half cup of
sweet potato has
more vitamin A than
you need for one day.

Knock! Knock!
Who's there?
Justine.
Justine who?
Just in case you
were wondering,
one mango has
all the vitamin A
you need
for one day.

Knock! Knock!
Who's there?
Kid.
Kid who?
Kidney beans
are high in fiber.

Fill half your plate with
fruits and veggies at
every meal and snack.

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Knock! Knock!
Who's there?
Les.
Les who?
Let's have
hot applesauce
for dessert tonight!

Knock! Knock!
Who's there?
Logan.
Logan who?
Loganberries make a
yummy snack or dessert
topping.

Knock! Knock!
Who's there?
Mack.
Mack who?
Macintosh apples
make great
applesauce!

Knock! Knock!
Who's there?
Mel.
Mel who?
Watermelon
is great for dessert!

Knock! Knock!
Who's there?
Mike.
Mike who?
Microwave
your veggies
for dinner!

Fill half your plate with
fruits and veggies at
every meal and snack.

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Knock! Knock!
Who's there?

Moe.

Moe who?

Fill half your plate with
fruits and veggies
because
more matters!

Knock! Knock!
Who's there?

Mrs.

Mrs. who?

Missing your
daily veggies?
Add some to your
favorite sandwich.

Knock! Knock!
Who's there?

Ms.

Ms who?

Missing your daily
veggies?
Add some frozen
veggies to your favorite
canned soup.

Knock! Knock!
Who's there?

Pearl.

Pearl who?

Pearl onions
are another way to have
veggies at dinner.

Knock! Knock!
Who's there?

Percy.

Percy who?

Persimmons
are delicious!

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fruits and veggies at
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Knock! Knock!
Who's there?
Perry.
Perry who?
Pears
in your tuna salad
are a tasty
change of pace.

Knock! Knock!
Who's there?
Ray.
Ray who?
Raisins can be
taken on a to school,
to work, in the car, or
on a hiking/biking trip.

Knock! Knock!
Who's there?
Red.
Red who?
Red peppers
are great
on a shish kebab!

Knock! Knock!
Who's there?
Ron.
Ron who?
Run out of fresh
fruits and veggies?
Remember, frozen,
canned, and dried
count, too.

Knock! Knock!
Who's there?
Rose.
Rose who?
Roasted squash
is delicious
and easy to fix!

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fruits and veggies at
every meal and snack.

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Knock! Knock!
Who's there?
Ruth.
Ruth who?
Root veggies
like potatoes,
carrots,
and parsnips
are delicious
in a cold salad.

Knock! Knock!
Who's there?
Sal.
Sal who?
Salsa is easy
to make with
tomatoes,
onions, and peppers!

Knock! Knock!
Who's there?
Sal.
Sal who?
Fruit and veggie salads
add color and flavor to
your meals.

Knock! Knock!
Who's there?
Sam.
Sam who?
Some days
you're in a rush--
try the grocery store
salad bar
for a quick meal.

Knock! Knock!
Who's there?
Seymour.
Seymour who?
See more things
in the dark--
eat something rich
in vitamin A.

Fill half your plate with
fruits and veggies at
every meal and snack.

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Knock! Knock!
Who's there?
Stu.
Stu who?
Stewed dried fruit
makes a
great dessert.

Knock! Knock!
Who's there?
Sweetie.
Sweetie who?
Sweet-ie potatoes
are delicious
just baked
in their skins.

Knock! Knock!
Who's there?
Tom.
Tom who?
Tomato sauce
counts as a veggie.

Knock! Knock!
Who's there?
Ugly.
Ugly who?
Ugli fruit
is fun to eat!

Knock! Knock!
Who's there?
Uncle.
Uncle who?
Uncle Sam
wants you
to Fill half your plate with
fruits and veggies!

Fill half your plate with
fruits and veggies at
every meal and snack.

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Knock! Knock!

Who's there?

Us.

Us who?

Asparagus
tastes great in a
salad or sandwich.

Knock! Knock!

Who's there?

Val.

Val who?

Valencia oranges
are rich in
fiber and vitamin C.

Knock! Knock!

Who's there?

Will.

Will who?

Will you please
put some
veggies
on my pizza?

Knock! Knock!

Who's there?

You.

You who?

You should try a new
fruit or veggie
recipe today!

Knock! Knock!

Who's there?

Yvonne.

Yvonne who?

Even tomato juice
counts as a veggie.

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fruits and veggies at
every meal and snack.

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