

HEALTHY TOGETHER



CHILD CARE

TOOLKIT

READY, SET, GO!

WELCOME TO THE HEALTHY TOGETHER CHILD CARE TOOLKIT!

What's Healthy Together?

Led by Atrium Health through its Levine Children's Hospital together with community partners, the *Healthy Together* initiative is aimed at tackling childhood obesity by promoting healthy behaviors. Through engagement, education, collaboration and policy change, we're building a culture of healthy living in our community – and raising a healthier generation of kids.

Healthy Together encourages kids and families to join the 5-2-1-0 League by following the 5-2-1-0 behaviors:

- **5** - Eat at least five servings of fruits and vegetables every day
- **2** - Limit recreational screen time to fewer than two hours per day
- **1** - Be physically active for at least one hour per day
- **0** - Avoid sugary drinks, and instead aim for water or low-fat milk

What's Inside

Within this toolkit, you'll find handouts, tools and resources that will guide and support you in bringing the messages and activities of *Healthy Together* to your child care program. Take time to get familiar with the contents of the toolkit and keep it handy. And don't pass up the chance to achieve special 5-2-1-0 recognition for your program!

Thank you for working with us to improve the health of our community's kids. Let's get started!

Questions? Contact the *Healthy Together* program manager:
healthytogether@AtriumHealth.org

The resources found in the toolkit have been adapted from the Let's Go! materials:
letsgo.org



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- A Guide to South Carolina Seasonal Food
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PARTNER STRUCTURE

It takes a big team to make *Healthy Together* a success. These are the roles and responsibilities of each *Healthy Together* partner.

PROGRAM COORDINATOR



COUNTY COORDINATOR



SETTING LEAD



SITE CHAMPION



HEALTH TEAM

Program Coordinator

The Program Coordinator is located at Atrium Health in Charlotte, NC. The program coordinator develops the structure, framework, marketing materials, evaluation plan and scorecard, and communicates with coordinators and setting leads.

The Program Coordinator is responsible for:

- Overseeing all *Healthy Together* programs across the Atrium Health footprint
- Developing and maintaining frameworks for multiple counties
- Establishing and maintaining partners who can implement the *Healthy Together* model locally
- Creating and managing annual evaluation activities and data collection
- Creating and managing education materials and resources, including toolkits, e-newsletters, the website, and trainings
- Supporting the County Coordinators and/or Setting Leads in each county

County Coordinator

The County Coordinator is instrumental in guiding and maintaining the frameworks when there is more than one setting implementing *Healthy Together* in a given county. Typically, this person is from a community coalition.

The County Coordinator is responsible for:

- Recruiting and training Setting Leads
- Collecting county data related to *Healthy Together*
- Communicating with Setting Leads and Site Champions regularly
- Providing technical assistance to Setting Leads

Setting Lead

The Setting Lead is responsible for sites that fall under one setting in a given county. They work directly with Site Champions and their teams. The Setting Lead is the Site Champion's local *Healthy Together* contact. This person may be a resource from Atrium Health or the community.

The Setting Lead is responsible for:

- Registering sites to participate in the *Healthy Together* program designed for their designated setting
- Working with a Site Champion to go through the *Healthy Together* "5-Step Path to Success," helping to change a site's environment and policies to support healthy behaviors
- Connecting Site Champions to healthy eating and active living resources in the community
- Communicating, training, and supporting evaluation activities



PARTNER STRUCTURE

Site Champion

Every *Healthy Together* registered facility has a Site Champion to lead their site through the “5-Step Path to Success.” The Site Champion is someone who works there daily and who knows and can help influence the healthy eating and physical activity practices at the child care facility.

Site Champions lead the positive changes in a facility’s environment. The role includes:

- Signing up their site with the local *Healthy Together* Setting Lead, being listed as the *Healthy Together* Site Champion, and giving their contact information
- Reviewing the *Healthy Together* Action Planning Packet each year with their team and determining what their site wants to achieve that year
- Ensuring that parents, administrators, and all staff are aware of and, if possible, included in the work
- Sharing the 5-2-1-0 message and *Healthy Together* resources with parents and staff
- Reaching out to the *Healthy Together* Program Coordinator or Setting Lead with any questions, challenges, or successes they come across in their efforts to increase healthy eating and physical activity
- Completing the *Healthy Together* Survey each spring with the assistance of their team

Health Team

Sites are encouraged to gather a team to help support the Site Champion’s efforts. There is evidence that facilities with a team are able to make more improvements than those that don’t have a team.

The *Healthy Together* (or 5-2-1-0) team can be an already-existing team (e.g., a wellness team, parent advisory group, leadership team, etc.), or it can be a newly created one. The team could include a variety of individuals who are part of the site in some way (e.g., teachers, administrators, parents, staff, or students), and who share the vision of creating a healthier environment. How often a team meets is dependent on the goals of the group and the availability of the team members.

Please note that the entire structure outlined above is best practice, but there may be modifications made to the structure depending on Atrium Health and community resources!



THE SCIENTIFIC RATIONALE



FIVE SERVINGS OF FRUITS & VEGGIES

A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth and development, and for optimal immune function in children. High daily intake of fruits and vegetables among adults is associated with lower rates of chronic diseases such as heart disease, stroke, high blood pressure, diabetes, and possibly, some types of cancers. Emerging science suggests fruit and vegetable consumption may help prevent weight gain, and when total calories are controlled, may be an important aid to achieving and sustaining a healthy weight.



TWO HOURS OR LESS OF SCREEN TIME

Watching too much television (TV) and use of other screen media is associated with an increased prevalence of overweight and obesity, lower reading scores, and attention problems. The American Academy of Pediatrics (AAP) recommends no more than 2 hours of screen time a day and that children under age 2 not watch any TV or other screen media. The AAP recommends keeping the TV and computer out of the bedroom.



ONE HOUR OR MORE OF BEING ACTIVE

Regular physical activity is essential for weight maintenance and prevention of chronic diseases such as heart disease, diabetes, colon cancer, and osteoporosis. While most school-age children are quite active, physical activity sharply declines during adolescence. Children who are raised in families with active lifestyles are more likely to stay active as adults than children raised in families with sedentary lifestyles.



ZERO SUGARY DRINKS

Sugar-sweetened beverage consumption has increased dramatically since the 1970s; high intake among children is associated with overweight and obesity, displacement of low-fat milk consumption, and dental cavities. The AAP recommends that children 1–6 years old consume no more than 4–6 ounces of 100% juice per day and youth 7–18 years old consume no more than 8–12 ounces. Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks.

* Screen time includes time spent watching television, playing video games, or using a computer, smartphone, or tablet. Recreational screen time is screen time used for non-educational purposes.



DEFINITIONS

SPEAKING THE LANGUAGE

UNHEALTHY CHOICES include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.

HEALTHY CHOICES include water, fruits, vegetables, whole grain foods, protein sources such as eggs, beans, dairy, fish, and poultry, and healthy fats such as nuts, seeds, and avocados.

SUGARY DRINKS include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

PHYSICAL ACTIVITY is any movement that increases heart rate and breathing such as running, climbing, jumping, dancing, etc.

SCREENS include TVs, computers, video games, tablets, and smartphones.

RECREATIONAL SCREEN TIME is screen time used for non-educational purposes.

CELEBRATIONS honor a special day or event.

A FOOD REWARD is a food used to encourage good behavior.



5-2-1-0 LEAGUE

CHARACTER BIOS

SCREEN MACHINE

Screen Machine started as a simple smart phone, but as he kept using more and more electricity, he created a force field that attracted a collection of electronics, gizmos and bright screens. With his bright gadgets and new technology, Screen Machine attempts to get boys and girls to become part of the Legion of Lazy. Don't be fooled by his shiny metallic outer shell because somewhere underneath those wires and digital screens is a memory chip that remembers what it was like to follow 5-2-1-0.



GROUCH POTATO

Once a healthy spud and member of 5-2-1-0 League, Grouch Potato fell into the hands of Screen Machine and became the lazy tater he is today. He spent too much time in front of the TV, exercised less and less and drank sugary drinks – all to the delight of Screen Machine. Over time, he changed into the grouch we see today, but it's not too late for him to change! By following 5-2-1-0 we can remind him of his healthier days and help lead him back to the 5-2-1-0 League.



CAPTAIN ACTIVE

As the leader of 5-2-1-0 League, Captain Active sets a good example of what it means to be active and gives the community tips for how they can exercise to live healthy lives to the fullest. When he puts on his captain armband, you can feel the enthusiasm as he is ready to go and lead the 5-2-1-0 League into action.



DOCTOR FIT

Always there with the right information at the right time, Doctor Fit knows her stuff. She understands the importance of eating right, exercising regularly and reducing recreational screen time. Most importantly, she wants kids to stay away from sugary drinks that can start them down the path to the Legion of the Lazy. She knows how Screen Machine tried to get kids to make unhealthy choices and educates children on healthier alternatives.



5-2-1-0 LEAGUE

Children bring the energy that keeps the 5-2-1-0 League strong and growing. They learn that following 5-2-1-0 is the best way to be healthy – because we all win when everyone is active. Living the 5-2-1-0 life makes them stronger by the minute and gets them ready to teach their healthy ways to the Legion of Lazy.



STEP ONE

ENGAGE



PROGRAM OVERVIEW

5-2-1-0 GOES TO CHILD CARE

Healthy Together is an initiative that helps schools, child care programs, out-of-school programs, workplaces, and healthcare practices maintain and improve upon their healthy food choices and physical activity opportunities. 5-2-1-0 Goes to Child Care is designed to be easy and efficient to weave into your busy day. We help you look at your current successes and then build upon them. We guide you in connecting all of your efforts back to your community, creating greater impact on the families you serve.

***Healthy Together* promotes the 5-2-1-0 message:**



**FIVE SERVINGS
OF FRUITS &
VEGGIES**



**TWO HOURS OR
LESS OF
SCREEN TIME**



**ONE HOUR OR
MORE OF BEING
ACTIVE**



**ZERO SUGARY
DRINKS**

Our goal is to help you
go from where you are
to wherever you want
to be!

5-2-1-0 Goes to Child Care follows five easy steps for using evidence-based strategies to improve the policies, practices, and environments that influence healthy eating and active living in child care programs.



This resource is adapted from Let's Go! materials letsgo.org.



AtriumHealth.org/HealthyTogether

PROGRAM OVERVIEW

5-2-1-0 GOES TO CHILD CARE

**IT'S TIME
TO GET
STARTED!**

For more information,
email us at
[HealthyTogether@
AtriumHealth.org](mailto:HealthyTogether@AtriumHealth.org).

Healthy Together helps participating child care programs to:

- Reflect on their nutrition and physical activity environment and make changes to support healthy behaviors in young children.
- Increase healthy eating in young children by providing appropriate foods and beverages, and role modeling healthy eating behaviors.
- Increase opportunities for physical activity.
- Reach out to parents to promote healthy behaviors at home.
- Promote the 5-2-1-0 message.
- Work towards stronger Wellness Policies.

What will you receive?

- Personalized help to meet your program's unique nutrition and physical activity goals.
- A free toolkit loaded with resources for both your staff and your families.
- Opportunities for free training for you and staff members.
- Regular communications from *Healthy Together*.
- Opportunity to network with other sites across the region, just like yours, working to improve the health of our children.

What is expected of your school?

- The commitment to set nutrition and physical activity goals and then work towards achieving them.
- The completion of the *Healthy Together* Survey each spring.

**TAG US ON SOCIAL MEDIA WITH
#HEALTHY2GETHER**

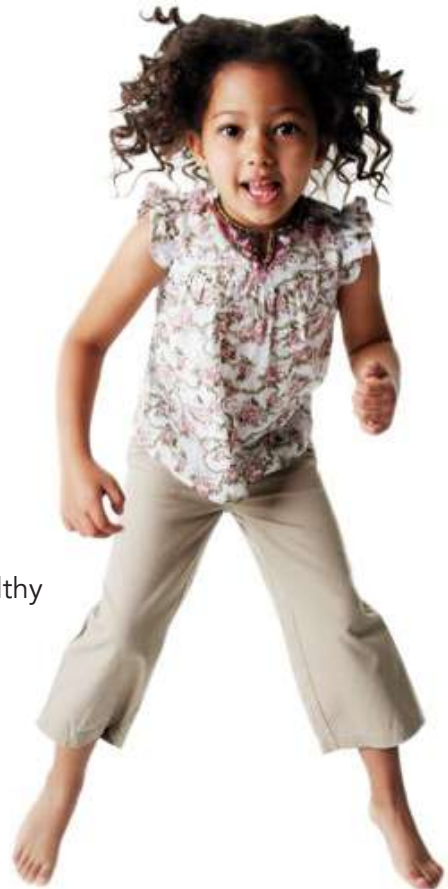


AtriumHealth.org/HealthyTogether

HEALTHY TOGETHER'S 10 STRATEGIES FOR SUCCESS

The 10 Strategies for Success are evidence-based and align with national recommendations to increase healthy eating and active living. Refer to your toolkit for ideas on how to implement each strategy. *Healthy Together* recommends creating and implementing strong policies around these strategies.

1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.
2. Limit or eliminate sugary drinks; provide water.
3. Prohibit the use of food as a reward.
4. Provide opportunities to get physical activity every day.
5. Limit recreational screen time.
6. Participate in local, state, and national initiatives that support healthy eating and active living.
7. Engage community partners to help support healthy eating and active living.
8. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
9. Implement a staff wellness program that includes healthy eating and active living.
10. Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.



TAKE THE HEALTHY LIVING PLEDGE!

Sample Letter

Contact your Setting Lead for a version of this letter that you can modify.

Atrium Health's Levine Children's Hospital and [site name] are teaming up to bring *Healthy Together*, a fun new health effort, to your family and your child care program! This initiative is based on a national program that focuses on creating healthier environments.

Healthy Together encourages families to join the 5-2-1-0 League and follow healthy habits every day.

What is 5-2-1-0?

5-2-1-0 is your family's game plan for healthy living, outlining daily habits that promote a healthy weight:

- o **5** - Eat at least five servings of fruits and veggies.
- o **2** - Limit recreational screen time, including television, video game and smartphone viewing, to fewer than two hours per day.
- o **1** - One hour or more of being active per day.
- o **0** - Avoid sugary drinks, and instead aim for water or low-fat milk.



**FIVE SERVINGS
OF FRUITS &
VEGGIES**



**TWO HOURS OR
LESS OF
SCREEN TIME**



**ONE HOUR OR
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ACTIVE**



**ZERO SUGARY
DRINKS**

For healthy tips and activities, visit
AtriumHealth.org/HealthyTogether.



AtriumHealth.org/HealthyTogether

IN THE KNOW

FAQ

1. Why is our child care program working with *Healthy Together*?

Healthy Together provides a framework for child care providers to create a healthier environment. The strategies and the 5-2-1-0 message are promoted at other *Healthy Together* schools, child care programs, out-of-school programs, and health care practices in our community and throughout the region. Together, we can help ensure a healthy environment for children throughout the day.

2. Who does the 5-2-1-0 message apply to?

While physical activity needs can vary by age, the 5-2-1-0 message applies to everyone. It is an easy-to-remember healthy lifestyle message which encourages increased physical activity and healthy eating.

3. Why the 5-2-1-0 message?

There is scientific rationale supporting each component of the 5-2-1-0 message. The 5-2-1-0 message makes it easy to have an open discussion about ways to increase physical activity and healthy eating.

4. Is this one more thing that I have to do?

No, *Healthy Together's* goal is to "bring you from where you are to where you want to go." To make it easy for you, we help you design an Action Plan around what you are interested in doing and have created tools and resources designed to fit easily into your daily routine. We may provide personalized assistance and training, including helping you to find the resources you need.

5. What are the recognition levels and how are they achieved?

They are part of the 5-Step Path to Success. There are three levels: Bronze, Silver and Gold. These levels focus on implementation, communication and environmental changes at your child care program. More resources and policy examples on recognition-level criteria can be found in the Celebrate section of this toolkit.

6. How do I use the toolkit?

The toolkit is designed to align with your *Healthy Together* work as you progress through the 5-Step Path to Success. There is a tab designated for each of the 5 steps, and within each tab are specific handouts, tools, and resources that will guide and support you through that step. Take time to become familiar with the contents of the toolkit and keep it next to you when you are making your Action Plan.

7. How important are my health behaviors to the success of this project?

Role modeling is an important part of changing behaviors among children. Besides parents, child care providers and other child care staff spend the most time with children and are an important influence in their lives. If you practice good health behaviors, the children will notice and are more likely to pick up the behaviors themselves.



IN THE KNOW

FAQ

8. What if one of the concepts in the toolkit contradicts our practices?

If at any point you feel uncomfortable with any of the ideas or concepts endorsed in the toolkit, do not proceed with that topic. There are many different strategies that you can try, so you can find one that better suits your style or practices.

9. Will discussion of the 5-2-1-0 message lead to an increase in eating disorders such as anorexia nervosa?

There is no current evidence that bringing up healthy behaviors in a positive manner leads to disordered eating. The 5-2-1-0 message is an easy way to discuss general healthy choices that apply to everyone. Its purpose is to spread healthy behaviors. Research supports the idea that interventions like *Healthy Together* may actually help prevent eating disorders in early adolescent girls.

(Austin SB, Kim J, Wiecha J, Troped PJ, Feldman HA, Peterson KE. School-based overweight preventive intervention lowers incidence of disordered weight-control behaviors in early adolescent girls. *Arch. Pediatr. Adolesc. Med.* 2007;161(9):865-869).

10. Is *Healthy Together* designed to replace any existing health-focused programs at my child care program?

We realize that some child care programs might have existing programs designed to improve physical activity and nutrition behaviors and that's great! *Healthy Together* is not intended to replace those programs, but instead meant to enhance and supplement your current efforts.



STEP TWO

CREATE AN ACTION PLAN

2 CREATE AN
ACTION PLAN



INTRODUCTION TO HEALTHY TOGETHER

ACTION PLANNING PACKET

Our goal is to help you go from where you are to wherever you want to be!

If you need assistance using the packet, you can contact your local *Healthy Together* Setting Lead for technical assistance.

Why should I use the *Healthy Together* Action Planning Packet?

- The *Healthy Together* Action Planning Packet is a tool designed to help you develop a successful *Healthy Together* Action Plan for the program year. The packet will help you identify:
 - What your program is already doing in support of the 10 Strategies for Success.
 - Where you want to focus your efforts this year.
 - What steps you need to take to achieve your goal(s).

When do I use the *Healthy Together* Action Planning Packet?

- At the start of every program year.
- Throughout the year to guide your work and that of other staff and/or team members.

How do I use the *Healthy Together* Action Planning Packet?

- Start with the Getting Started Checklist to be sure you have all the basics in place for the program year.
- Next, complete the questions for each strategy. This will help you see where your program currently stands on each of the 10 Strategies for Success, and will help you plan where you may want to focus your efforts for the year.
- Once you have a good idea of what you want to work on, fill out the Action Plan at the end of the packet.
- Make sure you complete the packet with your team members.

What else can the *Healthy Together* Action Planning Packet be used for?

- Use it to help get others on board! You don't need to fill it out by yourself! Who else can help?
- You can use the questions for each strategy to prepare for the *Healthy Together* survey sent out in the spring. These questions are the same as the survey questions.



HEALTHY TOGETHER

ACTION PLANNING PACKET FOR CHILD CARE PROGRAMS

Healthy Together is a nationally recognized program that promotes evidence-based strategies to increase healthy eating and active living among children through the age of 18.



**FIVE SERVINGS OF
FRUITS & VEGGIES**



**TWO HOURS OR
LESS OF SCREEN TIME**



**ONE HOUR OR MORE
OF BEING ACTIVE**



ZERO SUGARY DRINKS



PACKET OVERVIEW

This packet is designed to help you develop a successful *Healthy Together* Action Plan for the program year. The questions will help you understand what your staff is already doing in support of the 10 Strategies for Success and where you want to focus your efforts this year.

Directions:

1. Review the 10 Strategies for Success.
2. Complete the Getting Started Checklist.
3. Assess your current environment by answering the *Healthy Together* Strategy Questions.
4. Create your Action Plan.

Remember, we are here to take you from where you are to where you want to go!

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Child Care Program Name: _____

Date Completed: _____

Completed by: _____

For assistance with your *Healthy Together* Action Plan,
contact us at HealthyTogether@AtriumHealth.org.



10 STRATEGIES FOR SUCCESS

The 10 Strategies for Success are evidence-based and align with national recommendations to increase healthy eating and active living. Please refer to the *Healthy Together* toolkit for ideas on how to implement each strategy. *Healthy Together* recommends creating and implementing strong policies around these strategies.

1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.
2. Limit or eliminate sugary drinks; provide water.
3. Prohibit the use of food as a reward.
4. Provide opportunities to get physical activity every day.
5. Limit recreational screen time.
6. Participate in local, state and national initiatives that support healthy eating and active living.
7. Engage community partners to help support healthy eating and active living.
8. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
9. Implement a staff wellness program that includes healthy eating and active living.
10. Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.

Definitions:

Unhealthy choices include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.

Healthy choices include water, fruits, vegetables, whole grain foods, protein sources such as eggs, beans, dairy, fish and poultry, and healthy fats such as nuts, seeds, and avocados.

Sugary drinks include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

Physical activity is any movement that increases heart rate and breathing such as running, climbing, jumping, dancing, etc.

Screens include TVs, computers, video games, tablets, and smartphones.

Recreational screen time is screen time used for non-educational purposes.

Celebrations honor a special day or event.

A **food reward** is a food used to encourage good behavior.



5-2-1-0 GOES TO CHILD CARE: GETTING STARTED CHECKLIST

Hip hip hooray! We are so excited to have you join the team of sites that are participating in *Healthy Together* and helping students be healthy and ready to learn!

Review the list and check off any of the steps you have completed. You can then work on the other steps and check them off as you go.

At the start of the year:

- ☐ We have a 5-2-1-0 toolkit and all staff know where to find it.
- ☐ We have a team of at least a few people who are helping to bring 5-2-1-0 to life in our program and who meet a couple of times a year (this may be your wellness team).
- ☐ We are familiar with the 10 Strategies for Success.
- ☐ We have 5-2-1-0 posters up in key locations such as the building entrance, in hallways, on bulletin boards, and in care rooms (reach out to your *Healthy Together* Coordinator if you need additional posters).
- ☐ We have made our child care community (where applicable: program director, teachers, support staff, program cooks, administrators, parents, etc.) aware of our participation in 5-2-1-0 Goes to Child Care and they know what 5-2-1-0 means.

As the year goes on:

- ☐ We send home 5-2-1-0 parent handouts.
- ☐ We encourage all staff to role model 5-2-1-0.
- ☐ We integrate the 5-2-1-0 message into our healthy eating and physical activity program activities and projects.
- ☐ We complete the *Healthy Together* survey each year to capture our progress.
- ☐ We celebrate our successes – even the small ones!



CHECKLIST 1

LIMIT UNHEALTHY CHOICES FOR SNACKS AND CELEBRATIONS; PROVIDE HEALTHY CHOICES

Questions for Strategy 1

Does your program limit unhealthy choices for snacks to less than once a week or never?

- ☐ No
- ☐ Yes, program-wide
- ☐ Not applicable, our program never provides food or drink for snacks
- ☐ Don't know

Does staff at your program encourage families to limit unhealthy choices for snacks that are brought in from home?

Examples may include sending home a list of recommended snacks or setting program guidelines or policies.

- ☐ No
- ☐ Yes, program-wide
- ☐ Not applicable, families never send in food or drink for snacks
- ☐ Don't know

Does your program limit unhealthy choices for celebrations?

- ☐ No
- ☐ Yes, program-wide
- ☐ Not applicable, our program never has food or drinks for celebrations
- ☐ Don't know

Does staff at your program encourage families to limit unhealthy choices that are brought in from home for celebrations?

Examples may include sending home a celebration sign-up sheet with only healthy options or setting program guidelines or policies.

- ☐ No
- ☐ Yes, program-wide
- ☐ Not applicable, families never send in any food or drinks for celebrations
- ☐ Don't know

Describe what your program is already doing in support of this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.



CHECKLIST 2

LIMIT OR ELIMINATE SUGARY DRINKS; PROVIDE WATER

Questions for Strategy 2

Does your program limit 100% juice to one 4-6 ounce serving or less per day?

- ☐ No
- ☐ Yes, program-wide
- ☐ Not applicable, our program never serves juice
- ☐ Don't know

Does your program limit sugary drinks?

- ☐ No
- ☐ Yes, program-wide
- ☐ Not applicable, our program never serves sugary drinks
- ☐ Don't know

Does your program promote drinking water during the day?

- ☐ No
- ☐ Yes, program-wide
- ☐ Don't know

Examples may include holding designated water breaks or ensuring water is visible and available for self serve.

Describe what your program is already doing in support of this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.



CHECKLIST 3

PROHIBIT THE USE OF FOOD AS A REWARD

Questions for Strategy 3

Does your program prohibit the use of food as a reward?

- ☐ No
- ☐ Yes, program-wide
- ☐ Don't know

Does your program use physical activity as a reward?

- ☐ No
- ☐ Yes, program-wide
- ☐ Not applicable, we don't use rewards
- ☐ Don't know

Examples may include extra outdoor playtime or using physical activity to celebrate a special event.

Describe what your program is already doing in support of this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.



CHECKLIST 4

PROVIDE OPPORTUNITIES TO GET PHYSICAL ACTIVITY EVERY DAY

Questions for Strategy 4

Does your program provide opportunities to get physical activity every day?

- ☐ No
- ☐ Yes, program-wide
- ☐ Don't know

Examples may include integrating movement into curriculum, outdoor playtime, or active games.

Does your program provide tummy time for infants every day?

- ☐ No
- ☐ Yes, program-wide
- ☐ Not applicable, our program does not have infants in our care
- ☐ Don't know

Does your program take away physical activity as a punishment?

- ☐ No, our program does not take away physical activity as a punishment
- ☐ Yes, our program takes away physical activity as a punishment
- ☐ Don't know

For example, taking away outdoor playtime for bad behavior.

Describe what your program is already doing in support of this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.



Recommendations:

Toddlers should be allowed 60-90 minutes per eight-hour day for moderate vigorous physical activity. Preschoolers should be allowed 90-120 minutes per eight-hour day for moderate to vigorous physical activity.

Source: *Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs*. American Academy of Pediatrics, 2011.

CHECKLIST 5

LIMIT RECREATIONAL SCREEN TIME

Questions for Strategy 5

Does your program prohibit screen time for children **under the age of 2?**

- ☐ No
- ☐ Yes, program-wide
- ☐ Not applicable, our program does not have screens
- ☐ Not applicable, our program does not have children under the age of 2 in our care
- ☐ Don't know

Does your program limit recreational screen time to 2 hours or less each week for **children age 2 and older?**

- ☐ No
- ☐ Yes, program-wide
- ☐ Not applicable, our program does not have screens
- ☐ Not applicable, our program does not have children age 2 years and older in our care
- ☐ Don't know

Describe what your program is already doing in support of this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.



Recommendations for screen time for children age 2 years and older:

Limit recreational and educational screen time to 30 minutes or less each week for full-day programs or 15 minutes or less each week for half-day programs.

Source: *Caring for Our Children: National Health and Safety Performance Standards: Guidelines for Early Care and Education Programs*. American Academy of Pediatrics, 2011.

CHECKLIST 6

PARTICIPATE IN LOCAL, STATE AND NATIONAL INITIATIVES THAT SUPPORT HEALTHY EATING AND ACTIVE LIVING.

Questions for Strategy 6

Does your program participate in any local, state or national initiatives, other than *Healthy Together*, that support healthy eating and active living?

Check all that apply:

- ☐ Farm to Preschool
- ☐ Be Active Kids
- ☐ Let's Move! Child Care
- ☐ Healthy Futures Starting in the Kitchen
- ☐ National Nutrition Month
- ☐ National Screen-Free Weekly
- ☐ No, our program does not participate in any initiatives
- ☐ Don't know
- ☐ Other (specify):

Describe what your program is already doing in support of this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.



CHECKLIST 7

ENGAGE COMMUNITY PARTNERS TO HELP SUPPORT HEALTHY EATING AND ACTIVE LIVING

Questions for Strategy 7

Does your program engage community partners, other than your *Healthy Together* Coordinator, to help support healthy eating and active living at your program?

Check all that apply:

- ☐ College student volunteers
- ☐ Cooperative Extension
- ☐ Farmers
- ☐ Librarians
- ☐ Local businesses
- ☐ SNAP-Ed nutrition educators
- ☐ No, our program does not work with any community partners
- ☐ Don't know
- ☐ Other (specify):

Describe what your program is already doing in support of this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.



CHECKLIST 8

PARTNER WITH AND EDUCATE FAMILIES IN ADOPTING AND MAINTAINING A LIFESTYLE THAT SUPPORTS HEALTHY EATING AND ACTIVE LIVING

Questions for Strategy 8

Does your program provide families with educational materials on healthy eating and active living?

- ☐ No
- ☐ Yes, program-wide
- ☐ Don't know

Examples may include brochures, tip sheets or in-person educational sessions.

Does your program support breastfeeding families?

- ☐ No
- ☐ Yes, program-wide
- ☐ Don't know

Examples may include providing sufficient refrigerator and freezer space for breast milk, offering a private area for mothers to breastfeed that has a chair and an outlet, and providing staff training on safe storage and handling of breast milk.

Describe what your program is already doing in support of this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.



CHECKLIST 9

IMPLEMENT A STAFF WELLNESS PROGRAM THAT INCLUDES HEALTHY EATING AND ACTIVE LIVING

Questions for Strategy 9

Does your program have a staff wellness program?

- ☐ No
 - ☐ Yes
 - ☐ Not applicable, I am the only staff member
 - ☐ Don't know
-

Does your program provide opportunities for your staff to learn about healthy eating and active living?

- ☐ No
- ☐ Yes, program-wide
- ☐ Not applicable, I am the only staff member
- ☐ Don't know

Examples may include providing staff training or educational handouts.

Does staff at your program role model healthy eating and active living behaviors for children?

- ☐ No
- ☐ Yes, program-wide
- ☐ Don't know

Examples may include staff participating in active time, eating and drinking only healthy foods in front of children, practicing healthy staff celebrations and meetings, or using breaks to get physical activity.

Describe what your program is already doing in support of this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.



CHECKLIST 10

COLLABORATE WITH FOOD AND NUTRITION PROGRAMS TO OFFER HEALTHY FOOD AND BEVERAGE OPTIONS.

Questions for Strategy 10

Does your program follow either the Child and Adult Care Food Program (CACFP) meal and snack patterns, or the MyPlate model, or the Harvard School of Public Health Healthy Eating Plate, to offer healthy food and beverage options?

- ☐ No
- ☐ Yes, program-wide
- ☐ Not applicable, our program does not serve food
- ☐ Don't know

Describe what your program is already doing in support of this strategy.

Is there anything else your program would like to do for this strategy this year? If so, please describe.



EXAMPLE ACTION PLAN

Look back through the 10 strategies and choose 1 to 3 strategies that you would like to focus on this year. List them here:

1. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
2. Prohibit the use of food as a reward.
3. Limit unhealthy choices for snacks and celebrations; provide healthy choices.

Write one goal for each strategy that you selected above.

- Goal 1. Provide families with education on nutrition and physical activity two or more times per year.
 Goal 2. Prohibit all staff from using food to encourage good behavior by the end of the summer.
 Goal 3. Encourage families to limit unhealthy choices sent in for celebrations.

What steps do you need to take to achieve your goals? List the tasks below:

	What are the tasks for Goal 1?	Who will complete task?	By when?
1a	Add a 5-2-1-0 section to the monthly newsletter that highlights healthy activities children have been doing as part of the program day.	Kim (Teacher)	August 1
1b	Go through the toolkit and choose the handouts that we want to send home (one for each month).	Sally (Director)	July 15
1c	Assign a handout to each month; include a link to/copy of the handout of the month with the newsletter.	Kim	August 1

	What are the tasks for Goal 2?	Who will complete task?	By when?
2a	Coordinate meeting with staff to discuss barriers and strategies for prohibiting the use of food as a reward.	Sally	August 1
2b	Create a list of alternative ways to encourage good behavior and distribute to staff.	Kim & Sally	September 2
2c	Implement a policy that prohibits the use of food as a reward; communicate to all staff and families.	Sally	September 15
2d	Discuss any challenges at the monthly staff meeting, brainstorm solutions.	Sally & Staff	October 1, Ongoing

	What are the tasks for Goal 3?	Who will complete task?	By when?
3a	Send home the "Healthy Food for Celebrations" letter from the toolkit to all families.	Kim	September 1
3b	Use the "Healthy Party Sign-Up Sheet" from the toolkit for all celebrations where food is to be served.	All Staff	Ongoing



Remember to let people know about your efforts and to promote 5-2-1-0 throughout the community. Refer to your *Healthy Together* Action Plan regularly to make it happen. Your *Healthy Together* partners are here to help you. Let's keep in touch!

HEALTHY TOGETHER ACTION PLAN

Look back through the 10 strategies and choose 1 to 3 strategies that you would like to focus on this year. List them here:

1. _____
2. _____
3. _____

Write one goal for each strategy that you selected above.

- Goal 1. _____
- Goal 2. _____
- Goal 3. _____

What steps do you need to take to achieve your goals? List the tasks below:

What are the tasks for Goal 1?	Who will complete task?	By when?
1a _____		
1b _____		
1c _____		
1d _____		

What are the tasks for Goal 2?	Who will complete task?	By when?
2a _____		
2b _____		
2c _____		
2d _____		

What are the tasks for Goal 3?	Who will complete task?	By when?
3a _____		
3b _____		
3c _____		
3d _____		



Remember to let people know about your efforts and to promote 5-2-1-0 throughout the community. Refer to your *Healthy Together* Action Plan regularly to make it happen. Your *Healthy Together* partners are here to help you. Let's keep in touch!

STEP THREE

IMPLEMENT ACTION PLAN

3 IMPLEMENT
ACTION PLAN



IMPLEMENT ACTION PLAN!

Jump In!

This section, Implement Action Plan, is filled with ideas on exactly HOW you can put your Healthy Together efforts into action! You'll notice that the pages in this section are organized by the 10 Strategies for Success, so you can turn right to the strategy (or strategies!) you will be focusing on this year. Within each strategy tab you will find the following pages:

WHY pages – Each strategy has one WHY page explaining the science behind the strategy, and why it is important.

HOW pages – Each strategy also has a HOW page with a list of specific and ready-to-use ideas for how to implement the strategy. Several of the ideas on the HOW page also have supporting pages you will find later in that section.

Supporting pages – These pages provide more details on some of the ideas listed on the HOW page. Some can be used as parent handouts, and some are great for sharing with staff.

As an example, here is how ABC Child Care may use this section: ABC Child Care is preparing their Action Plan for the year, so they turn to the 'Step 3: Implement Action Plan' tab to find ideas and resources that will support them. One of the strategies they are working on in their Action Plan is "Strategy #3: Prohibit the use of food as a reward." So, they do the following within this section:

1. They turn to the sub tab, Strategy #3, and immediately find the WHY document that gives them the science behind why the strategy is important.
2. Energized by the knowledge of why Strategy #3 is important, they turn to the next page, which is the HOW page – a list of ideas on how to implement Strategy #3.
3. They choose a few ideas from the HOW page to add to their Action Plan. They notice that two of the ideas they selected have supporting pages and look for these documents in the following pages.
4. They get some ideas from the supporting pages and add them as tasks on their Action Plan. Now, having all the ideas and supporting documents they need to implement Strategy #3, they confidently go forth and implement Strategy #3 as part of their Action Plan.
5. ABC Child Care ends up completing all the goals on their Action Plan earlier than expected. So, mid-year, they come back to the 'Step 3: Implement Action Plan' Tab for more ideas on how to expand their efforts.



STEP THREE

IMPLEMENT ACTION PLAN

3
STRATEGY 1

STRATEGY ONE

LIMIT UNHEALTHY CHOICES FOR SNACKS AND
CELEBRATIONS; PROVIDE HEALTHY CHOICES



STRATEGY 1: LIMIT UNHEALTHY CHOICES FOR SNACKS AND CELEBRATIONS; PROVIDE HEALTHY CHOICES

WHY DOES IT MATTER?

*Snacks can be good or bad for kids' diets, depending on the choices we offer. Limiting unhealthy choices and providing healthy snacks can improve students' behavior, focus, attention span, academic achievement, and attendance. Too much junk food and an unhealthy diet decreases academic performance.*¹⁻⁴

Snacks are a bigger part of kids' diets than in the past. More snacking and unhealthy snack foods (e.g., potato chips, cookies, and candy) are major factors linked with childhood obesity. When the foods are healthier, snacking can be linked to reduced obesity.^{5,6}

*Classroom celebrations can happen a lot and most foods served are usually high in sugar, fat, and calories.*⁷ Limiting unhealthy choices and having healthy celebrations will support what kids are learning in the classroom about healthy behaviors.

Serving healthy snacks to kids:

- Provides good nutrition.
- Supports lifelong healthy eating habits.
- Helps reduce the risk of developing long-lasting health conditions.^{8,9}

References

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8. Jago R, Baranowski T, Baranowski JC. Fruit and vegetable availability: a micro environmental mediating variable? *Public Health Nutr.* 2007;10(07):681-689.
9. Bray GA. Medical consequences of obesity. *J. Clin. Endocrinol. Metab.* 2004;89(6):2583-2589.



STRATEGY 1: LIMIT UNHEALTHY CHOICES FOR SNACKS AND CELEBRATIONS; PROVIDE HEALTHY CHOICES

HOW TO IMPLEMENT

Here are many ideas for how to limit unhealthy choices and provide healthy ones. Pick and choose the ones that work best for your program!

Healthy choices: include water, fruits, vegetables, whole grain foods, protein sources such as eggs, beans, dairy, fish, poultry, and healthy fats such as nuts, seeds, and avocados.

Unhealthy choices: include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.



Ask families to limit unhealthy choices for snacks:

- Send home Healthy Snack Ideas – Letter to Families.
- Send home the Ideas for Healthy Snacks, Quick Snacks for Healthy Kids and even Quicker Snacks handouts.
- Organize a Monthly Snack Program.

Limit unhealthy choices for celebrations:

- Use the Ideas for Healthy Food for Celebrations handout.
- Present Fruits and Vegetables in Fun, Creative Ways.
- Use the Ideas for Non-Food Celebrations handout.

Ask families to limit unhealthy choices for celebrations:

- Send home Healthy Foods for Celebrations – Letter to Families.
- Send home the Ideas for Healthy Food for Celebrations.
- Send home the Healthy Party Sign-Up Sheet.
- Send home Non-Food Celebrations – Letter to Families.

Involve kids in activities that promote healthy eating:

- Review Tried and True Advice for Starting a Garden and use it to start a garden at your program
- Conduct healthy taste tests by using the Mystery Vegetable or Fruit Activity.
- Get Kids in the Kitchen
- Practice Family-Style Meals

Help families learn how to find, select, and serve healthy foods by sending home the handouts below:

- Kids in the Kitchen
- Eat at Least Five Fruits and Veggies a Day
- Healthy Shopping on a Budget
- Understanding Food Labels
- Carolinas Seasonal Food Guide
- Breakfast is Best
- A Meal is a Family Affair
- Fruits and Veggies, All Year Long!
- What is a Healthy Portion?
- Tips for a Healthier Diet
- Handling a “Choosy” Eater
- Phrases that HELP and HINDER
- How to Partner Together When Feeding Children
- Pick a Better Fast Food Option

Set a policy that limits unhealthy choices for snacks and celebrations:

- Refer to the Healthy Together Recognition Program packet in the “Step 5: Celebrate” Tab for help with this.

HEALTHY SNACK IDEAS

HEALTHY SNACKS HELP KIDS GROW!

Sample Letter

Contact your Setting Lead for a version of this letter that you can modify.

Dear Families,

As a part of our efforts towards health and wellness, we encourage you to provide healthy snacks every day. Children need healthy snacks to help them grow, develop, and be ready to learn. We want your kids to be the healthiest they can be!

Here are some healthy snack ideas to fuel your kids:

- Turkey or Ham Roll-Ups: Sliced turkey or ham rolled up with cheese
- Snack Kabobs: Veggie or fruit chunks and cheese cubes skewered onto thin pretzel sticks
- Cottage Cheese or Yogurt with Fruit and/or Granola: Try using fresh grapes, frozen berries, or canned peaches or pineapple
- Crackers with Nut Butter or Hummus
- String Cheese
- Veggies and Dip
- Trail Mix: Whole grain cereal (e.g., Cheerios, Mini-Wheats, Wheat Chex) mixed with dried fruit (e.g., raisins, cranberries, apricots) and nuts
- Baked Tortilla Chips with Hummus or Salsa and Guacamole
- Fresh Fruit: Apples, cherries, grapes, bananas, pears, oranges...fruit is nature's portable, ready-to-eat snack!

The Healthy Together program works where children and families live, learn, work, and play to help make the healthy choice the easy choice. Healthy Together encourages families to adopt the 5-2-1-0 message:



**FIVE SERVINGS
OF FRUITS &
VEGGIES**



**TWO HOURS OR
LESS OF
SCREEN TIME**



**ONE HOUR OR
MORE OF BEING
ACTIVE**



**ZERO SUGARY
DRINKS**

For more information about Healthy Together, visit AtriumHealth.org/HealthyTogether. Thank you for joining us in our commitment to healthy, ready-to-learn kids!

Sincerely,



IDEAS FOR HEALTHY SNACKS

Boost overall nutrition with healthy snacks. Keep the energy going all day long!

Popular veggies that can be served raw with healthy dips, spreads, and salad dressings include:

- Broccoli trees
- Baby carrots
- Celery sticks – add some nut butter and raisins...ants on a log
- Cucumber coins
- Pepper strips – red, green, or yellow
- Snap peas
- Snow peas
- String beans
- Grape or cherry tomatoes
- Zucchini slices

Mix it up by serving fresh fruit as a salad or as kabobs!

Fruit is naturally sweet and most kids love it. Choosing fresh fruit guarantees you're getting no added sugar:

- Apples
- Apricots
- Bananas
- Blackberries
- Blueberries
- Cantaloupe
- Cherries
- Clementines
- Grapefruit
- Grapes – red, green, or purple
- Honeydew melon
- Kiwifruit
- Mandarin Oranges
- Nectarines
- Oranges
- Peaches
- Pears
- Pineapple
- Plums
- Raspberries
- Strawberries
- Tangerines

Bean dips, guacamole, hummus, salsa, and nut butters are all great for dipping or spreading!

Some other popular fruit forms among the kiddos:

- Applesauce (unsweetened)
- Canned fruit (in 100% juice or water)
- Dried fruit – try raisins, apricots, apples, cranberries, and fruit leathers with little or no added sugar
- Frozen fruit (check the label to be sure there is just fruit and no added sugar in the bag)

It's a good idea to balance out snacks by serving foods from different food groups. So during your next snack time, serve a fruit or vegetable **WITH** one of these foods:

- Whole wheat English muffins, pitas, or tortillas
- Breakfast cereals – choose whole grain, low-sugar options like Cheerios, Grape-Nuts, Raisin Bran or Mini-Wheats
- Whole grain crackers like Triscuits or Wheat Thins
- Popcorn
- Baked tortilla chips
- Nuts or nut butter
- Unsweetened yogurt
- Cheese cubes
- Cottage cheese



QUICK SNACKS

FOR HEALTHY KIDS

Everyone is hungry and time is limited. Try some of these quick snacks you can make in no time!

- **Veggies and Dip:** Baby carrots, cucumber slices, red pepper slices, broccoli, cherry tomatoes, snap peas, or celery sticks served with hummus, salad dressing, or other dip.
- **Veggie Sticks with Spread:** Celery or carrot sticks topped with nut butter or cream cheese (add some raisins to make "ants on a log"!)
- **Snack Kabobs:** Veggie or fruit chunks skewered onto thin pretzel sticks.
- **Sweet Potato Fries:** Baked sweet potato wedges, tossed lightly with olive oil and salt.
- **Cottage Cheese or Yogurt with Fruit and/or Granola:** Try using fresh grapes, frozen berries, or canned peaches or pineapple.
- **Mini Bagel with Spread:** Try cream cheese, nut butter, or hummus.
- **Apple Treats:** Sprinkle apple chunks with cinnamon and/or raisins or granola, then mix in some nut butter.
- **Chips and Salsa:** Use whole grain baked pita chips or baked tortilla chips. Also try out bean dip instead.
- **Taco Roll-Up:** Small whole wheat tortilla rolled with cheese, beans, and salsa.
- **Turkey Roll-Up:** Turkey slice rolled up with cheese.
- **Mini Pizzas:** Top pita bread or half of a whole wheat English muffin with tomato sauce, cheese, and chopped veggies and toast until cheese is melted.



EVEN QUICKER SNACKS

FOR HEALTHY KIDS

For even quicker snacks, try these!

- *Whole Fruit:* Grapes, apples, bananas, etc.
- *Fruit Salad:* Store-bought fresh fruit, unsweetened canned fruit, or snack cup.
- *Frozen Fruit:* Berries, mango, you can even freeze grapes.
- *Dried Fruit:* Look for unsweetened varieties and keep it to a handful.
- *Apple Sauce:* Unsweetened.
- *Nuts:* Such as almonds, walnuts, cashews, or mixed nuts; keep it to a handful.
- *Cheese:* One string cheese or 2 slices of cheese.
- *Granola/Fruit Bar:* Look for whole grain bars that are low in sugar.
- *Cereal:* Choose whole grain cereals like Cheerios, Multigrain Chex, and Shredded Wheat.
- *Trail Mix:* Made with nuts, seeds, granola, and/or dried fruit; keep it to a handful.
- *Popcorn:* 2-3 cups popped.

- *Fruit Smoothies:* Store-bought or homemade with fresh or frozen fruit and low-fat milk or yogurt.
- *Pretzels:* A handful served with a spoonful of hummus or nut butter.

Let's not forget about beverages.

Reach for some of the suggestions below the next time you provide beverages!

- Water
- Low-fat milk
- Seltzer water with a splash of 100% fruit juice

Try making yummy infused water

Just add fruit (think berries, melons, citrus fruit, kiwi, etc.) and/or veggies (like cucumber, celery or carrot), and/or fresh herb leaves (like thyme, mint, cilantro, or parsley). Mix and match and let it sit a few hours in the fridge to let the flavors infuse.



MONTHLY SNACK PROGRAM

Tired of the kinds of snacks that come into the program? Want to make snack time easier for everyone?

Tips from a Successful Provider:

- Ask parents to put snacks in individual baggies, if appropriate (e.g., grapes, crackers, trail mix, etc.).
- Have the child that brought in the snack be involved in passing it out.
- Have an emergency snack available for when a family forgets it's their turn.
- Make it a habit to thank the family that shared.



Try a Monthly Snack Program!

A monthly snack program is when families sign up for one day each month where they provide a snack for the whole class. A successful monthly snack program requires commitment from the providers, children, and parents.

Getting started:

- Get the families and children on board. Use surveys, parent letters, and/or hold a meeting. (One providers's perspective: "You need most parents to be in favor of the idea to work. I had two parents that could not live with the idea in September and they chose to send in a personal snack for their child daily. By November, both parents changed their minds. One parent said that she made a complete 180-degree change of mind and in the end, she was the biggest snack advocate.")
- As a class, make a list of healthy snacks parents could send in. Figure out what fruits and vegetables ALL children like, what ones MOST children like, and what ones children are willing to try. Brainstorm whole grains, dairy, and protein foods that would make nutritious snacks.

See the 'Healthy Snacks' and 'Snack to Fuel Your Brain' handouts in this section for ideas!

- Make a calendar to keep track of the snack days. Each child/family signs up for one day a month to contribute a healthy class snack. Post the calendar in the room and send a copy home. Use the calendars as a tool to share the past month's favorite snacks, suggested snack ideas, and other healthy tips.

What do parents like best about the community snack idea?

- "...only needing snack once a month."
- "My child tried new things that he now asks for when we go shopping."
- "The excitement and feeling of responsibility my child felt when it was her turn was great."
- "It was easier for me to buy a snack for the whole class once a month, instead of buying several different snacks for my child to bring for the month."



MONTHLY HEALTHY SNACKS

Child Care Program: _____

Provider: _____

Month: _____

Monday	Tuesday	Wednesday	Thursday	Friday

Snack ideas: carrot sticks, broccoli trees, cucumber slices, pepper slices, sugar snap peas, popcorn, whole grain crackers, whole grain cereal, trail mix, clementines, apples, bananas, unsweetened applesauce, kiwifruit, melon, yogurt, cheese sticks.



- Please send spoons or paper goods, if needed, with your snack.
- Individual servings in baggies are appreciated, if appropriate.

HEALTHY FOOD FOR CELEBRATIONS

If you are going to have food at your celebrations, make it count with a healthy choice!

Try some of these foods at the next celebration.

- *Fruit and Cheese Kabobs: Put grapes, melons, cheese cubes, and berries onto a wooden kabob stick.*
- *Make Your Own Trail Mix: Provide bags of granola or whole grain dry cereal, dried fruit, and nuts for kids to make their own trail mix.*
- *Fruit Smoothies: Bring a blender, frozen fruit, and yogurt to your next celebration.*
- *Yogurt Parfaits: Layer granola, fruit, and yogurt in plastic cups. Provide on a tray covered with plastic wrap or let the kids make their own.*
- *Assorted Fruit Platter: Arrange chunks and slices of fruit on a tray; to make it even more fun, use a hollowed out watermelon half.*
- *Veggie and Dip Platter: Baby carrots, cucumber slices, red pepper slices, broccoli, cherry tomatoes, snap peas, or celery sticks served with hummus, salad dressing, or other dip.*
- *Veggie Sticks with Spread: Celery or carrot sticks with nut butter or cream cheese. Top with raisins for an old favorite – ants on a log!*
- *Snack Kabobs: Veggie or fruit chunks skewered onto thin pretzel sticks.*
- *Sweet Potato Fries: Baked sweet potato wedges, tossed lightly with olive oil and salt.*
- *Cottage Cheese or Yogurt with Fruit and/or Granola: Try using fresh grapes, frozen berries, or canned peaches or pineapple.*
- *Apple Treats: Sprinkle apple chunks with cinnamon and/or raisins or granola, then mix in some nut butter.*
- *Chips and Salsa: Use whole grain baked pita chips or baked tortilla chips. For something new, try bean dip instead of salsa.*
- *Taco Roll-up: Small whole wheat tortilla rolled with cheese, beans, and salsa.*
- *Turkey Roll-up: Turkey slice rolled up with cheese.*
- *Mini Pizzas: Top pita bread or half of a whole wheat English muffin with tomato sauce, cheese, and chopped veggies and toast until cheese is melted.*
- *Mini Bagel with Spread: Try cream cheese, nut butter, or hummus.*



PRESENTING FRUITS AND VEGETABLES IN **FUN, CREATIVE WAYS**

Kids are more likely to eat fruits and vegetables when you present them in fun, creative ways.

**THE
SKY
IS THE
LIMIT!**



NON-FOOD CELEBRATIONS

We know that celebrations are often associated with cupcakes and cakes, but it's important to show children that they can have fun, feel special, and celebrate without all the sugar. Non-food celebrations can be some of the most fun and popular ways to honor a special event. Try some of these fun-filled ideas the next time you want to celebrate!

For the birthday child:

- Let the birthday child be the first to do each activity for the day.
- Create a birthday library where each child's parent donates a book to the library on their child's birthday. Make it the book of the week to be read aloud in honor of the child's birthday.
- Allow the birthday child to be the program assistant for the day to help with special tasks, such as making deliveries around the site.
- Create a "Celebrate Me" book. Have providers or peers write stories or poems and draw pictures to describe what is special about the birthday child.
- Create a special birthday package. For example, the birthday child could wear a sash and crown, sit in a special chair, and receive a special birthday surprise like a sticker, birthday card, coloring book, etc. Consider having the child visit the director's office to receive their gift.

For other celebrations:

- Use games or crafts, asking parents to bring in supplies for the game or project. If possible, it's extra special to invite parents to the class to lead the activity.
- Donate a plant or packet of seeds that the program could plant and grow together.
- Ask parents to send in small items for a class trading event, such as pencils, stickers, or erasers.
- Have a dance party.
- Provide extra play time.
- Bring in guest story readers.
- Have a special show and tell.
- Have a themed scavenger hunt around the school.
- Stock a treasure chest for each child to choose something from. Ask parents to send in items or small trinkets to fill the chest.
- Eat lunch outside.
- Set up an obstacle course.



HEALTHY FOODS FOR CELEBRATIONS

**FUN +
HEALTHY
GO HAND
IN HAND!**

Sample Letter

Contact your Setting Lead for a version of this letter that you can modify.

Dear Families,

We love to celebrate! Birthday parties and holiday celebrations provide a perfect opportunity to role model how fun and healthy eating go hand-in-hand! As a part of our efforts towards health and wellness, our program is committed to hosting healthy celebrations.

If you choose to send in food for a celebration, let's make it count with healthy choices! Fun, tasty options include:

- **Fruit and Cheese Kabobs:** Put grapes, melons, cheese cubes, and berries onto a wooden kabob stick.
- **Make Your Own Trail Mix:** Provide bags of granola or whole grain dry cereal, dried fruit, and nuts for children to make their own trail mix.
- **Fruit Smoothies:** Show up at snack time with a blender, frozen fruit, and yogurt! (Be sure to make arrangements with us first.)
- **Yogurt Parfaits:** Layer granola, fruit, and yogurt in plastic cups. Send in on a tray covered with plastic wrap; OR send in the ingredients, cups and spoons and let the kids make their own parfaits.
- **Veggie or Fruit Platters with Dip.**

The Healthy Together program works where children and families live, learn, work, and play to help make the healthy choice the easy choice. Healthy Together encourages families to adopt the 5-2-1-0 message:



**FIVE SERVINGS
OF FRUITS &
VEGGIES**



**TWO HOURS OR
LESS OF
SCREEN TIME**



**ONE HOUR OR
MORE OF BEING
ACTIVE**



**ZERO SUGARY
DRINKS**

For more information about Healthy Together, visit AtriumHealth.org/HealthyTogether. Thank you for joining us in our commitment to healthy kids!

Sincerely,



SIGN-UP SHEET FOR A HEALTHY PARTY

Dear Families,
We're having a party to celebrate _____!

Date: _____ Time: _____ Number of Children: _____

Please sign up to bring one of the choices below. There are options for food, drinks, paper goods, or even a game or craft!

A healthy fruit item (for example fruit kabobs, fruit salad, orange smiles, cut fruit, dried fruit, fruit smoothie):

Name: _____ Item: _____

Name: _____ Item: _____

A healthy veggie item (for example veggie platter with dressing or hummus, veggie kabobs, single veggies like carrot sticks or colorful pepper slices):

Name: _____ Item: _____

Name: _____ Item: _____

A whole grain item (for example whole grain pretzels with mustard dip, mini whole grain bagels with cream cheese or hummus, whole grain tortilla chips with salsa, whole grain pasta salad, mini sandwiches on whole grain bread):

Name: _____ Item: _____

Name: _____ Item: _____

A healthy protein item (for example yogurt, cottage cheese, string cheese, black bean salad, hummus with crackers, roasted chickpeas, pumpkin seeds):

Name: _____ Item: _____

Name: _____ Item: _____

A healthy drink (Please choose from plain water, seltzer water, water infused with fruit, low-fat milk, or low-fat milk alternatives such as soy, rice, or almond low-fat milk):

Name: _____ Item: _____

Name: _____ Item: _____

Paper Plates: _____ *Cups:* _____ *Napkins:* _____

A craft that you will lead the class in:

Name: _____ Craft: _____

A game that you will lead the class in:

Name: _____ Game: _____

Thank you for helping us make our parties healthier and more fun!



NON-FOOD CELEBRATIONS

PARTY HEALTHY

Sample Letter

Contact your Setting Lead for a version of this letter that you can modify.

Dear Families,

We love to celebrate! Birthday parties and holidays provide a perfect opportunity to role model how to celebrate with activity and play! As a part of our efforts towards health and wellness, we are committed to hosting non-food celebrations.

We know it's important to honor a birthday. Please do not send in a sugary treat for your child's birthday. Let's celebrate their special day in a different way. Ideas to consider:

- **Dance Party:** Send in your child's favorite music and we'll lead the class in a fun, active dance party in honor of their birthday.
- **Birthday Library:** Donate your child's favorite book to the program library. We'll read it together and all the children can sign (or stamp) it.
- **Games or Crafts:** Plan with us in advance to bring in a game or craft to be completed in honor of your child.

Our efforts are supported by Healthy Together, a program of Levine Children's Hospital at Atrium Health. Healthy Together works where children and families live, learn, work, and play to help make the healthy choice the easy choice. Healthy Together encourages families to adopt the 5-2-1-0 message:



**FIVE SERVINGS
OF FRUITS &
VEGGIES**



**TWO HOURS OR
LESS OF
SCREEN TIME**



**ONE HOUR OR
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**ZERO SUGARY
DRINKS**

For more information about Healthy Together, visit AtriumHealth.org/HealthyTogether. Thank you for joining our commitment to healthy kids!

Sincerely,



STARTING A GARDEN

At the end of the day, gardens succeed because people are committed, and the garden is integrated into the day as much as possible.



Content contributed by Adam Burk, Program Coordinator for Sustainable Community Health, Communities Putting Prevention to Work, PROP-People's Regional Opportunity Program. He holds a master's in education for sustainability from Goddard College.

One of the most important questions we can help our kids answer is, "Where does our food come from?" Perhaps the best tool to help us explore this topic is a garden. Due to rising popularity, we have more and more knowledge about what's working in school gardens across the country and in the region. Here are some tips to help make your garden adventure a success.

Form a team

- Don't do this alone; get a team together that might include staff, parents, kids, etc.
- Designate someone as the garden coordinator to keep things moving forward. This position can rotate among team members.
- Visit REAL School Gardens, at realschoolgardens.org, for more information.

Plan your garden

- Dream! Explore your location—think about parking lots, roof tops, lawns, and classrooms. Remember, you can grow food anywhere!
- Draw pictures; come up with a master plan. If you are planning a major garden, you may want to get a professional landscape architect or permaculture designer to help you with this process. Your local Cooperative Extension office can help with free workshops and materials.
- Build a budget. Consider contacting local businesses to ask how they might support your garden – they may be excited to provide supplies or cash. Or search the web for grant opportunities (e.g., kidsgardening.org).
- If your budget is small, start small, maybe with just a few container gardens. Never lose sight of the big picture, but you have to start somewhere!
- Things you will absolutely want to have are:
 - Good soil (get it tested if you are going to grow in the ground).
 - At least six hours of sunlight.
 - A water source.
 - A tool shed.
- Plan for summer maintenance! Schedule team members and/or recruit others like parents, program leaders, and child volunteers for different maintenance tasks. Make friends with a farmer to consult with as problems arise.

Enjoy your garden!

- Use your harvested food. Use it for snacks, send it home with children, or donate to pantries.
- Incorporate activities that are integrated into the program daily (e.g., let kids pull weeds during outdoor time.)
- Above all else, have fun!



MYSTERY VEGETABLE OR FRUIT

Sometimes it can be a challenge to motivate children to try new foods.

Making it fun and exciting can make all the difference. Try out this fun activity with the children the next time you want to introduce a new fruit or vegetable.

**GUESS
AGAIN!**

PREPARATION TIME: 10 min.

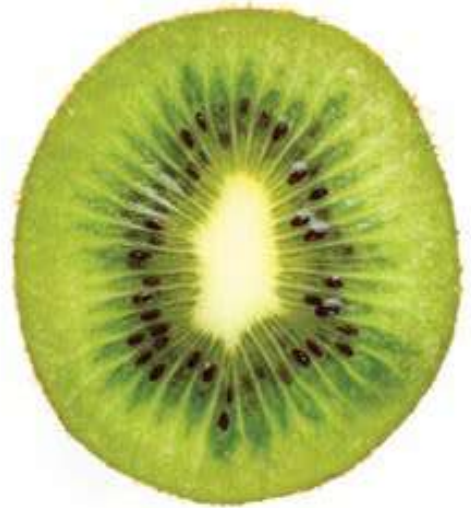
ACTIVITY TIME: 20 min.

Ingredients:

- 6 whole fresh vegetables or fruits
- 3 for the mystery bag
- 3 (of the same) to be prepared and served for taste testing

Supplies:

- 3 paper lunch bags
- Cutting board or sleeve
- Knife
- Utensils
- Bowls or plates
- Napkins
- Pictures of the vegetables or fruit



Preparation Prior to Class:

1. Choose the vegetables or fruits that will be in the mystery bags and set aside the additional vegetables or fruits for serving later.
2. Wash, peel (if necessary), and cut each additional mystery vegetable or fruit into enough bite-sized pieces for each child to have 1 to 2 pieces. Place each type of prepared vegetable or fruit in a serving bowl or plate. Refrigerate until the end of class when the mystery vegetables or fruits have been revealed.
3. Place one uncut fresh vegetable or fruit into each paper lunch bag.
4. Set up teaching area to display each picture of the mystery vegetables or fruits where all of the children can see them.

With the Children:

1. Ask the children to wash their hands.
2. Show the children the pictures of the vegetables or fruits, and explain that there is one of them in each mystery bag.
3. Explain that they will feel the vegetable or fruit in the bag without looking at it and try to match it to one of the pictures.
4. Take the first mystery bag around to the children, and let each child reach in and touch the vegetable or fruit inside. Ask them to look away when they reach in so they do not see the vegetable or fruit. Ask them to describe how the vegetable or fruit feels (smooth, rough, hard, soft, etc.). *continued*

MYSTERY VEGETABLE OR FRUIT

TRY NEW THINGS!

5. Then, ask the children to match the vegetable or fruit they felt with one of the pictures.
6. Take the vegetable or fruit out and show them if they guessed correctly or not.
7. Repeat steps 3 to 5 for each of the mystery bags.
8. Then, cut the mystery vegetable or fruit, and discuss how the vegetable or fruit looks on the inside compared to the outside.
9. Bring out the bowls of bite-sized samples, and let the children choose which vegetables or fruits they would like to try. Allow each child to spoon desired vegetables or fruits into their bowls or plates.

IMPORTANT: Never force a child to either take or taste a fruit or vegetable if they don't want to. Encourage them to do what they are willing – look, smell, touch, and/or taste.

10. Give each child a utensil and napkin, and encourage them to taste their vegetables or fruits.
11. Ask them to describe how it tastes, tell you whether they like the taste, and if they would eat the vegetable or fruit at home.

That's it! A simple, yet fun and engaging activity to get the children to try more vegetables or fruits!



HEALTHY HINTS

KIDS IN THE KITCHEN

Children usually love to help out in the kitchen. Even young children can help with many different tasks. One of the best parts about cooking with children is that they are more likely to try foods they have helped prepare. The next time you are preparing a healthy meal, involve the kids by letting them help in the following ways.

2 year-olds can help with:

- Cleaning veggies and fruits
- Dipping foods
- Washing and ripping lettuce and other greens
- Tearing bread into smaller pieces
- Delivering shatterproof tableware to the table

3 year-olds can help with:

- Spreading butters, jams, or other spreads onto foods
- Pouring liquids into batter (you measure first)
- Mixing batter, dips, or other dry and wet ingredients together
- Washing fruits and veggies
- Hollowing out veggie seeds or pits
- Kneading dough
- Serving foods
- Layering fruit and yogurt in parfaits
- Placing things in the trash, either after cooking or after a meal

4 year-olds can help with:

- Peeling certain veggies and fruits, like onions or bananas
- Mashing soft fruits and vegetables
- Washing fruits and vegetables
- Cutting soft foods with a plastic knife (e.g. soft fruits and veggies)
- Using cookie cutters
- Squeezing oranges, lemons, and limes to make juices
- Cracking open, breaking and pouring eggs
- Beating eggs with an egg beater
- Measuring dry ingredients
- Wiping up the cooking area
- Setting the table
- Clearing the table after a meal and delivering the dishes to the sink or dishwasher

continued



HEALTHY HINTS

KIDS IN THE KITCHEN

Even little ones can spend time in the kitchen while you are preparing food.

Have an extra set of bowls and cooking utensils for infants and young toddlers to play with while you cook. Talk about what you are doing to teach them new vocabulary and allow them to smell and taste foods.

Here are a few cooking activities to get you started:

- Veggies and Fruit with Different Dips or Sauces – Allow children to cut fruits and veggies when possible and mix their own dips.
- Layered Yogurt and Fruit Parfaits – Allow children to create their own parfaits by layering the yogurt and fruit.
- Garden “Roll-Ups” – Use lettuce or tortillas as your wrap, and fill with the child’s choice of veggies, sauces, herbs, etc.
- Cucumber, Bell Pepper, or Summer Squash “Boats” – Allow the children to hollow out their own veggie and fill with cream cheese, herbs, other veggies, etc. If you have access to an oven, you can take this recipe to another level and fill hollowed veggies with rice, beans, cheese, etc. and bake at 375 degrees for 10-15 minutes or until tender. Make sure each child’s boat is marked as their own.
- Fruit and Veggie Insects – Make apple lady bugs by cutting a red apple in half, then sticking raisin “spots” on using cream cheese as the “glue.” Make cucumber caterpillars by slicing a cucumber in half, then decorate with small chopped veggies using dip or cream cheese as “glue.”

BON APPETIT!



FAMILY STYLE MEALS

Having children sit together and serve themselves often leads to choosier eaters being more likely to accept and try new foods!

Child care providers have an opportunity to influence children's eating behaviors by not only the types of foods they offer but also how they offer it. By serving family style meals a provider can create a supportive, encouraging, and healthy mealtime environment that exposes children to healthy foods and helps them learn to enjoy them.

What are Family Style Meals?

In this style of dining, food is placed on the table in serving bowls and children are encouraged to serve themselves (some children may need help from an adult). Caregivers sit at the table and eat with the children to help model proper mealtime manners.

Why does this matter?

Family style meals help children develop a number of skills and abilities including:

- Motor skills
- Language
- Self-esteem
- Social skills
- Table manners
- Independence

Tips for successful Family Style Meals:

- Use child-sized everything if you can – table, chairs, serving bowls and spoons, plates, and utensils.
- Let children help from start to finish. This includes preparing the food, setting the table, serving themselves and clean-up.
- Encourage (but never force) children to take a little of everything. Help them understand what an appropriate serving size is (e.g., 1 scoop, 2 scoops, etc.).
- Talk about the taste, smell, look, and feel of food. Family style meals are a great time to teach new vocabulary and help children learn to appreciate and savor their food.
- It's okay to start small! Maybe start serving food this way at a snack, or begin with one component like letting children set the table.

To learn more about Family Style Meals, check out *The Table Project* at cditeam.org/table/ and click on 'Family Style Dining.'





EAT AT LEAST

FRUITS + VEGGIES

EVERY DAY

TRY IT!

- Try fruits and veggies different ways and try at least a couple of bites each time. It can take 7 to 10 tries before you like a new food, so be open to trying again and again. It may become your new favorite!
- Many fruits and veggies taste great with a dip or dressing. Try salad dressing, yogurt, nut butter, or hummus.
- Make a fruit smoothie with yogurt.

MIX IT!

- Add veggies to foods you already make, like pasta, soups, casseroles, pizza, rice, etc.
- Add fruit to your cereal, pancakes, or other breakfast foods.

SLICE IT!

- Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.
- Most people prefer crunchy foods over mushy ones. Enjoy veggies fresh or lightly steamed, and avoid overcooking.

Did you know?

A diet rich in fruits and veggies provides vitamins, minerals, and phytonutrients, important for supporting growth and development, and for optimal immune function.

What is a serving?

Kids

- Size of the palm of their hand

Adults

- A whole fruit the size of a tennis ball
- 1/2 cup of chopped fruit or veggies
- 1 cup of raw, leafy greens
- 1/4 cup of dried fruits



HEALTHY SHOPPING

ON A BUDGET

Healthy shopping on a budget takes planning! Planning helps you save time, money and eat healthier.

- **Make a list and stick to it.** Lists help you avoid impulse buys that are usually unhealthy and expensive.
- **Shop mostly the perimeter of the store.** Spend most of your grocery budget on natural foods found around the outside of the store like fruits, veggies, dairy, protein, and foods that are good for your body. Limit your shopping in the middle aisles to staples like pasta, canned tuna, and nut butter, avoiding other expensive processed, and often unhealthy, packaged foods.
- **Shop when you are NOT hungry or stressed.** People who shop when hungry or stressed tend to not only buy MORE food, but also unhealthier food.
- **Compare unit prices.** Bigger is not always better! Use the unit price to compare similar products and make sure you're getting the best deal. The unit price is the cost per a standard unit (like ounce or pound) and is usually found on a sticker on the shelf beneath the product.
- **Weigh the cost of convenience.** If food tends to rot in your fridge before you prepare it, then you could actually save money by purchasing fresh fruits and veggies that have been washed and chopped for you.
- **Try frozen and canned.** Canned and frozen produce keeps for a long time and may be cheaper per serving than fresh. For frozen, make sure you look for items with no added sauces or sugar. For canned, choose fruit canned in 100% juice and veggies that are labeled either "low sodium" or "no added salt."
- **Use store flyers to plan your menu.** Save money by planning your menu around fruits, veggies and other items that are on sale each week. Save time by already knowing what you are going to make for dinner each night.
- **Try store brands.** Store brands on average are cheaper by about 26% to 28% and their quality usually at least meets, and often surpasses, that of name brand products.
- **Shop in season.** Buying fruits and veggies in season generally means your food not only tastes better, but is more nutritious and affordable.
- **Buy in bulk when foods are on sale.** Frozen and canned produce, and some fresh items like apples and carrots, will last a long time. If you have the storage space, stock up on the foods you eat regularly when they are on sale to save some money.



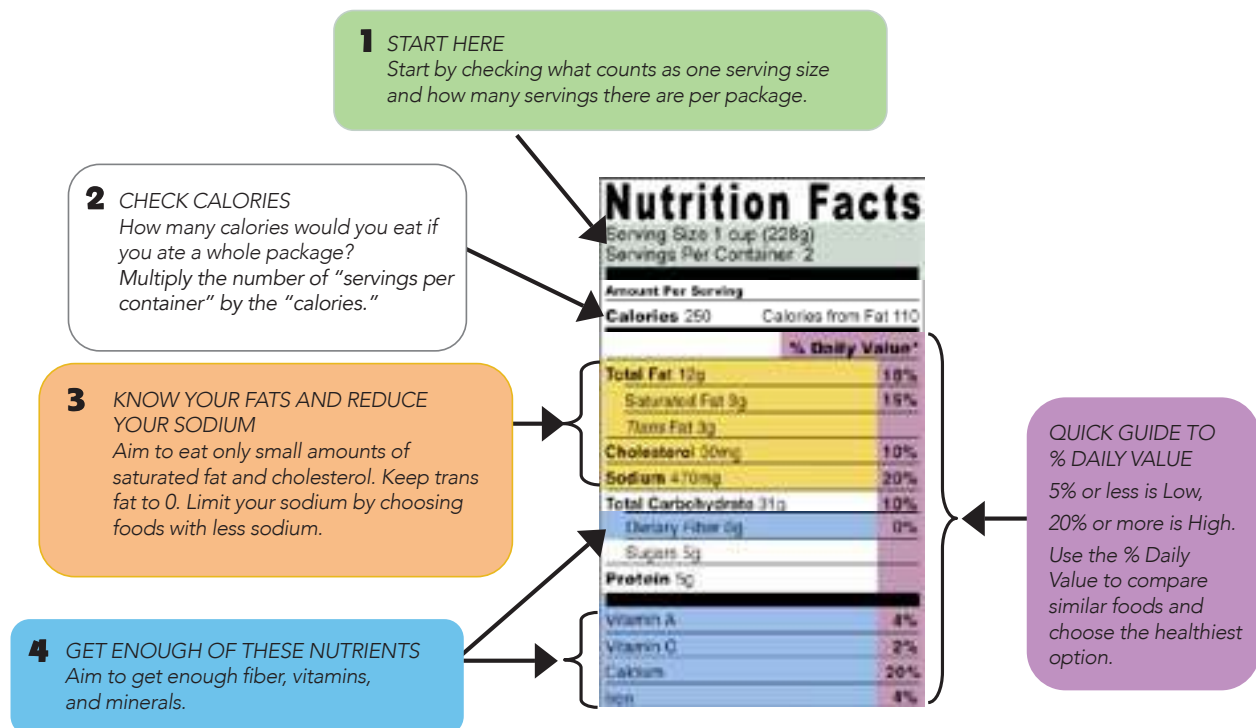
UNDERSTANDING FOOD LABELS

What can I use the Nutrition Facts label for?

- Getting a general idea about how healthy a food is.
- Figuring out what counts as one serving and how many calories are in each serving.
- Comparing two similar products to choose the healthiest option.

Watch out for these common misunderstandings:

- Assuming "sugar-free" or "fat-free" means a product is low calorie or healthy; it's not true!
- Buying something because it says "organic," "natural," "multigrain," or has some other "healthy" claim. These statements do not necessarily mean a product is good for you.
- Assuming that a package or bottle is only one serving. Many beverage bottles and packages of chips, cookies, and candy are actually 2 or 3 servings!



For more information visit fda.gov/ and search "Food Labeling"

A GUIDE TO NORTH CAROLINA SEASONAL FOOD

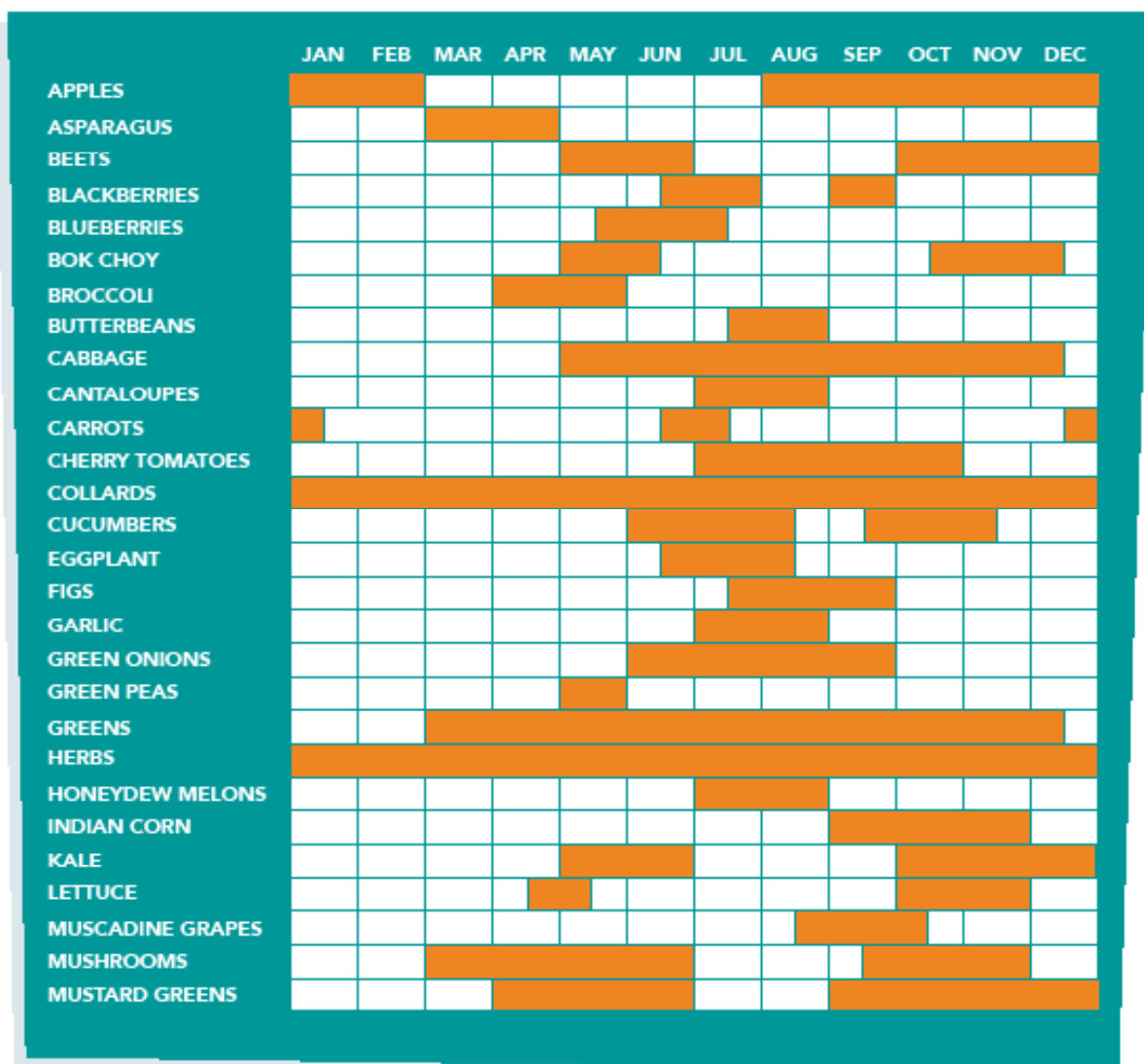
Fortunately, we live in a region that produces so many delicious fruits and veggies year round. Check out the chart below to help guide your shopping for fresh produce.



WHAT'S IN SEASON?

NORTH CAROLINA FRUIT AND VEGETABLE AVAILABILITY

You can use this guide to choose the freshest, best tasting produce available!



AtriumHealth.org/HealthyTogether

This information is intended as general wellness guidelines for most children ages 2 and up. If you have any questions, or need specific recommendations for your child, talk to your child's pediatrician.

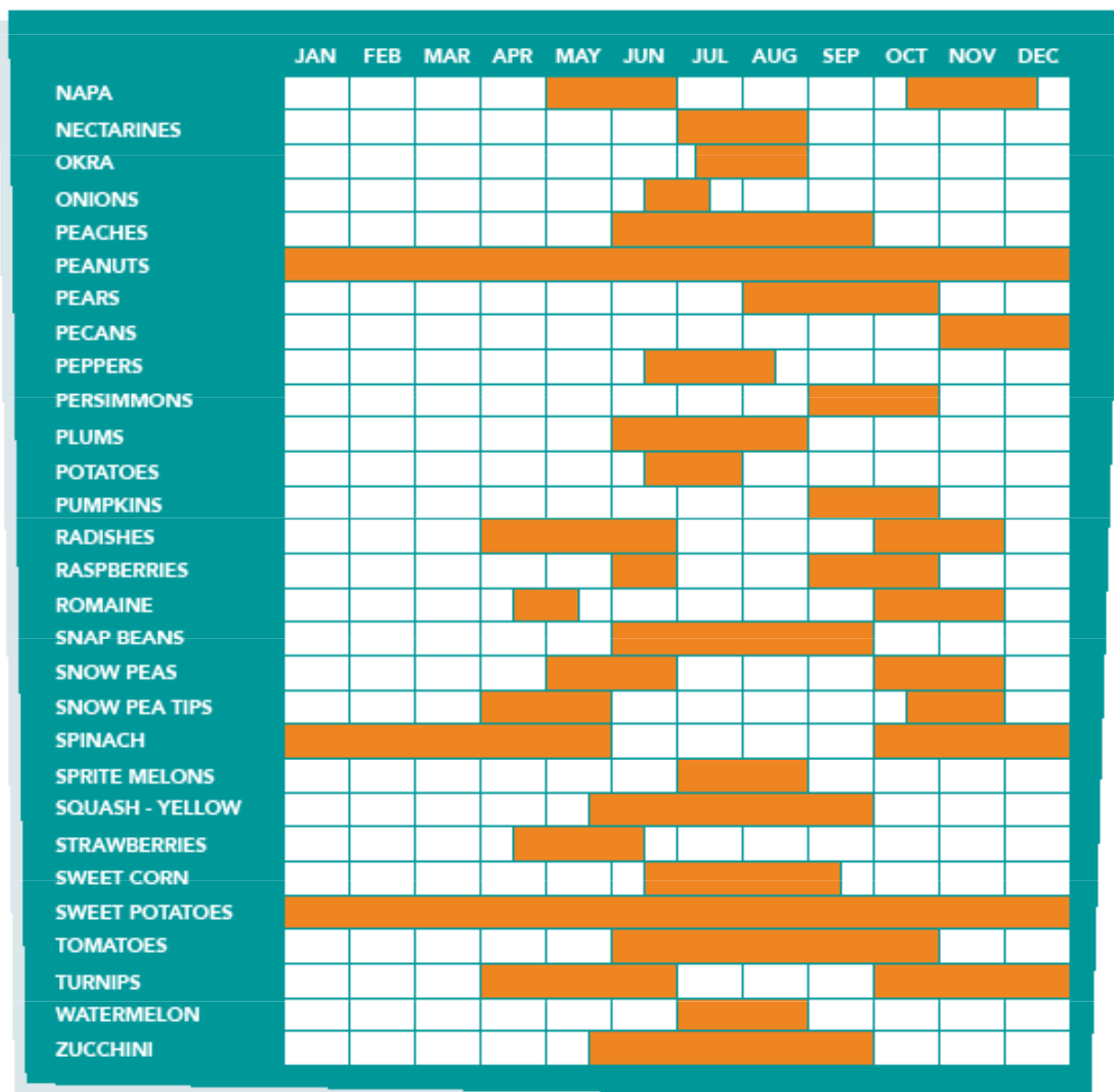
A GUIDE TO NORTH CAROLINA SEASONAL FOOD



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Atrium Health
Levine Children's

AtriumHealth.org/HealthyTogether

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A GUIDE TO SOUTH CAROLINA

SEASONAL FOOD



WHAT'S IN SEASON?

SOUTH CAROLINA FRUIT AND VEGETABLE AVAILABILITY

You can use this guide to choose the freshest, best tasting produce available!

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
APPLES												
ASPARAGUS												
BEANS												
BEETS												
BLACKBERRIES												
BLUEBERRIES												
BROCCOLI												
BUTTER BEANS												
CABBAGE												
CANTALOUPE												
CILANTRO												
CUCUMBERS												
GREEN ONIONS												
LEEKS												
MIXED LEAFY GREENS												
MUSCADINE GRAPES												
OKRA												
ORIENTAL VEGETABLES												
PARSLEY												
PEACHES												
GREEN PEANUTS												
PEAS												
PECANS												
PEPPERS (VARIETY)												
RADISHES												
YELLOW SQUASH												
STRAWBERRIES												
SWEET CORN												
SWEET POTATOES												
TOMATOES												
WATERMELONS												
ZUCCHINI SQUASH												



[AtriumHealth.org/HealthyTogether](https://atriumhealth.org/HealthyTogether)

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A HEALTHY START

BREAKFAST IS BEST

BOOST YOUR ENERGY AND BRAIN POWER!

*Keep it simple,
but keep it delicious!
You may like:*

- Oatmeal with cinnamon, applesauce, and a glass of low-fat milk.
- A waffle or pancake with blueberries.
- An English muffin with a slice of ham, egg, and cheese.
- A raisin bran muffin, a banana, and a glass of low-fat milk.

*Choose whole grains
most of the time!*



AtriumHealth.org/HealthyTogether

Why eat breakfast every day?

- It will give you the energy you need to start your day. It is “fuel” for the body!
- It can help you focus on work or school!
- It can help you feel and act your best!
- It can help keep you healthy!

Try a variety of healthy foods! Find the ones YOU like!

Not hungry in the morning? Start small...try:

- A cup of yogurt (plain – add your own fruit).
- A piece of fruit such as a banana, orange, or apple.
- A bowl of cereal with low-fat milk.
- A slice of toast with nut butter and a glass of low-fat milk.
- Half of a toasted English muffin with a slice of cheese.
- Trail mix of raisins, nuts, and cereal.



A MEAL IS A FAMILY AFFAIR

Mealtimes often revolve around our busy lifestyles. As a result of this, we miss meals or eat foods that are not the best for our bodies. *Did you know experts have found that kids who eat regularly with their families are more likely to eat fruits, veggies, and whole grains?* So, no matter how busy life may seem, it's important to make family meals a priority.



To get started, try some of these ideas:

- Choose a time when everyone can enjoy at least one meal together – it may be breakfast, lunch, or dinner.
- As the parent, you should decide what time meals are served and what the food choices are. Your children can then decide what and how much to eat of what's offered.
- Include your children in preparing the meal.
- Gather around the table for a meal and turn the TV and mobile devices off.
- Make the meal pleasant by keeping the conversation positive.
- Limit eating and drinking unhealthy snacks between meals.
- Role model the habits you want your children to develop.



FRUITS AND VEGGIES

ALL YEAR LONG!



*Eat at least five fruits
and veggies a day!*

**SOOOOOO
COOL!**



AtriumHealth.org/HealthyTogether

There's no reason not to have fruits and veggies year-round. Here's why frozen or canned produce is a good choice:

For health:

- They're just as good for you as fresh fruit and veggies – the nutrients are saved when they are canned and frozen.
 - Choose fruit packed in their natural juice, not in syrup.
 - Choose canned veggies that are salt-free. You can season to taste. If you have only have salted canned veggies, rinse in water.

For savings:

- They cost less than fresh fruit and veggies.

For convenience:

- They're always in season.
- You'll have lots of choices.
- They're easily stored.
- They're already washed and cut – ready for your favorite recipe!

Add frozen and canned veggies to:

- Chili
- Soups or stews
- Stir-fry
- Pasta sauce
- Casseroles

Use canned black beans, corn, peppers, and onions to spice up a Mexican dish. Add chick peas or kidney beans to any salad.

Add frozen and canned fruits to:

- Smoothies
- Yogurt parfaits
- Plain yogurt
- Fruit salad
- Cereal
- Stir-fry (pineapple)

Or simply use as a side dish!

WHAT IS A HEALTHY PORTION?

Food portions are larger than ever these days – usually much more than we need. Choose your starting portion size by relating food to everyday items.



A serving of meat, fish, or poultry is equal to a deck of cards.



A serving of fruit or veggie is about the size of a tennis ball.



A serving of nut butter or salad dressing is about the size of a ping-pong ball.



For toddlers, the right portion size is the size of the palm of their hand.



HEALTHY PORTION?

**NO
MORE
CLEAN
PLATE
CLUB!**

Use these tips to help keep your portions right-sized.

- Start with one portion of each food on your plate. If you are still hungry, you can always get more.
- Use the MyPlate model to create a balanced plate. Fill half of your plate with veggies (and/or fruit), 1/4 with protein, and 1/4 with starch, preferably a whole grain.
- Check the serving size on packaged foods for guidance on portion size.
- Eat your food while sitting down and using a plate or bowl. Avoid eating directly out of packages.
- Eat regularly throughout the day; this helps keep you from getting too hungry.
- Serve food on smaller plates.
- Serve meals from the stove. This can help you avoid eating more when you are no longer hungry.
- At restaurants, ask for a lunch-size portion, split your meal, or box up half to take home.
- Skip the "clean plate" club. Instead, start with smaller portions, savor your food, and eat until you are satisfied.
- Role model the behaviors that you want your children to develop.



TIPS FOR A HEALTHIER DIET

Healthier foods usually are “nutrient-dense.” This means they provide lots of vitamins and minerals along with the calories they contain.

These foods are nutrient-dense and easy to include in your diet:

- Frozen fruits and veggies
- Canned beans (rinse and drain well)
- Fresh fruit in season
- Whole grains in bulk
- Store brand whole-grain breakfast cereals



By choosing nutrient-dense foods like these, you can make sure your child's calories count:

- Vibrant, deeply-colored fruits and veggies
 - Lean meat, skinless poultry, fish, eggs, beans, and nuts
- TIP:** The leanest cuts of meat end in “loin” or “round”
- Fiber-rich whole grain foods
 - Low-fat milk, cheese, and yogurt

Tips to help your family have a healthier diet:

Are you looking to help everyone in your family eat healthier? Here are some ideas for how to introduce new foods and boost the quality of your family's diet.

- Offer new foods over and over again. It can take many exposures to a food before a child is willing to try it.
- Offer less familiar foods alongside your child's favorite foods to increase the chances they'll try it.
- Mix more nutritious foods into less nutritious ones. For example, mix whole grain cereal into your child's favorite cereal, plain yogurt into sugar-sweetened yogurt, and whole grain flour into your pancake mix.
- Make your own versions of favorite foods (e.g., pizza with whole wheat dough and veggies on top, baked “French fries” tossed in olive oil and salt).
- Let the kids help you cook! They are more likely to try something they helped make.
- Have fresh veggies available for kids to snack on while they wait for dinner to be ready.
- Be prepared with healthy on-the-go options: whole or dried fruit, nuts, hard boiled eggs, cheese sticks, yogurt cups, and single-serve fruit cups canned in water or 100% fruit juice are all good options.

HANDLING A

“CHOOSY” EATER

Often, choosy eating is a sign your child is growing up and becoming more independent. What seems “choosy” may just be your child’s first steps in learning to make decisions. Learn how to handle eating challenges and avoid conflict so meals don’t become a tug-o-war of control.

If you are concerned about your child’s weight or eating habits, consult your pediatrician.

What do you do if your child refuses a whole meal because something they don’t like touched their plate? Or if they refuse to eat anything other than fruit and two days ago would only eat peanut butter sandwiches? Or maybe your child is not showing any interest in food at all!

These behaviors are not uncommon. Here are ten tips for handling a “choosy” eater to make meal times more pleasant again:

1. **Treat food jags casually.** A food jag is when a child eats only a certain food for a period of time. They usually do not last long.
2. **Look at what a child eats over several days,** instead of over one day or per meal. Most kids are eating more variety than you think.
3. **Trust your child’s appetite.** Forcing a child to eat more than they want can cause conflict and lead to overeating.
4. **Set reasonable time limits for the start and end of a meal** and then quietly remove the plate.
5. **Stay positive** and avoid criticizing or calling any child a “picky eater.” Children believe what we say!
6. **Serve food plain and respect the “no foods touching” rule** if that’s important to your child. This will pass in time.
7. **Avoid being a short-order cook** by making and offering the same food for the whole family. Aim for at least one food everyone will eat.
8. **Swap similar food** if a child does not like a certain food. For example, instead of squash, offer sweet potatoes.
9. **Provide just two or three choices,** not a huge array of food. Then let your child decide. Keep in mind your child may choose nothing and that is okay!
10. **Focus on your child’s positive eating behavior,** not on the food.

Adapted from “Nibbles for Health” Nutrition Newsletter for Parents of Young Children, USDA Food and Nutrition Service.



PHRASES THAT HELP AND HINDER

As the caregiver, you play the biggest role in your child's eating behavior. What you say has an impact on developing healthy eating habits. Negative phrases can easily be changed into positive, helpful ones!

PHRASES THAT <i>HINDER</i>	PHRASES THAT <i>HELP</i>
<i>Instead of...</i>	<i>Try...</i>
<p>Eat that for me. If you do not eat one more bite, I will be mad.</p> <p>Phrases like these teach your child to eat for your approval and love. This can lead your child to have unhealthy behaviors, attitudes, and beliefs about food and about themselves.</p>	<p>This is kiwi fruit; it's sweet like a strawberry. These radishes are very crunchy!</p> <p>Phrases like these help to point out the sensory qualities of food. They encourage your child to try new foods.</p>
<i>Instead of...</i>	<i>Try...</i>
<p>You're such a big girl; you finished all your peas. Jenny, look at your sister. She ate all of her bananas. You have to take one more bite before you leave the table.</p> <p>Phrases like these teach your child to ignore fullness. It is better for kids to stop eating when full or satisfied than when all of the food has been eaten.</p>	<p>Is your stomach telling you that you're full? Is your stomach still making its hungry growling noise? Has your tummy had enough?</p> <p>Phrases like these help your child to recognize when he or she is full. This can prevent overeating.</p>
<i>Instead of...</i>	<i>Try...</i>
<p>See, that didn't taste so bad, did it?</p> <p>This implies to your child that he or she was wrong to refuse the food. This can lead to unhealthy attitudes about food or self.</p>	<p>Do you like that? Which one is your favorite? Everybody likes different foods, don't they?</p> <p>Phrases like these make your child feel like he or she is making the choices. It also shifts the focus toward the taste of food rather than who was right.</p>
<i>Instead of...</i>	<i>Try...</i>
<p>No dessert until you eat your vegetables. Stop crying and I will give you a cookie.</p> <p>Offering some foods, like dessert, in reward for finishing others, like vegetables, makes some foods seem better than others. Getting a food treat when upset teaches your child to eat to feel better. This can lead to overeating.</p>	<p>We can try these vegetables again another time. Next time would you like to try them raw instead of cooked? I am sorry you are sad. Come here and let me give you a big hug.</p> <p>Reward your child with attention and kind words. Comfort him or her with hugs and talks. Show love by spending time and having fun together.</p>



Adapted from "What You Say Really Matters?" in Feeding Young Children in Group Settings, Dr. Janice Fletcher and Dr. Laurel Branen, University of Idaho.

HOW TO PARTNER TOGETHER WHEN FEEDING CHILDREN

A crucial part of parents' and caregivers' job around mealtime is trusting children to determine how much and whether to eat from what is offered. Children are born with a natural ability to eat. As adults do their jobs with feeding, children do their jobs with eating. Because of this, we encourage child care providers to practice Ellyn Satter's Division of Responsibility when feeding children.

When parents and caregivers follow this Division of Responsibility in feeding, children build on this natural ability and become eating competent. This leads to them eating the appropriate amount of food and growing in the way that is right for them.

The Division of Responsibility varies slightly depending on the age and ability of a child.

For Infants

- The caregiver is responsible for what is offered.
- The child is responsible for how much they eat from what is offered (and everything else).

For Babies Making the Transition to Family Food

- The caregiver is still responsible for what is offered, and is becoming responsible for when and where the child is fed.
- The child is still responsible for how much and whether to eat the foods offered by the caregiver.

For Toddlers through Adolescents

- The caregiver is responsible for what, when, and where the food is offered.
- The child is responsible for how much and whether to eat from what is offered.

Content adapted from Ellyn Satter's Division of Responsibility in Feeding at ellynsatterinstitute.org. Visit this website for more about eating and feeding and for Ellyn Satter's books, videos, and other resources. For the evidence behind this model, read "The Satter Feeding Dynamics Model" under "Who We Are" on the website.



FAST FOOD OPTION

Need a quick lunch between meetings? Dinner on the go on the way to soccer practice? A quick family meal at the end of a long, busy day? Sometimes the drive-thru is the easiest choice, but we know it is not the most nutritious.

Burger Joints

- Try a grilled chicken salad with balsamic vinaigrette.
- Pick grilled chicken over fried chicken sandwiches, salads, or wraps.
- Choose a single patty burger rather than getting burgers with 2-3 patties.
- Opt for a veggie burger and substitute fries with a side of apple slices or a small salad.

Chain Coffee Shops

- Ask for your egg sandwich on an English muffin rather than a bagel.
- Add a side of fruit.
- Choose a yogurt parfait or unsweetened oatmeal.

Sandwich Shops

- Choose whole wheat bread.
- Ask for extra veggies instead of cheese.
- Ask for mustard (honey, brown, or yellow) instead of mayonnaise or oil.
- Pick a salad and ask for dressing on the side.

Mexican Fast Food

- Choose a salad or bowl without the taco shell.
- Add your favorite veggies, brown rice, black beans, or grilled chicken.
- Try a bean burrito with a side of Pico de Gallo.
- Choose a chicken soft taco with a side of black beans and salsa.
- Try beef soft tacos on corn tortillas with extra lettuce and tomatoes.

Many fast food places also list nutrition information on their websites, drive-thru menus, or have it available at the register. Don't be afraid to ask!

Quick Tips

- Be mindful of your portion sizes. Opt for smalls or mediums when selecting your food items.
- Watch your condiments. Ask for dressings and sauces on the side.
- Change up your sides! Look for apple slices, fresh fruit cups, or side salads in place of French fries and onion rings. If you opt to have French fries or onion rings, choose the small size to go along with your sandwich or burger.
- Add extra veggies. They will fill you up!
- Pick your drink carefully. Choose water, low-fat milk, unsweetened iced tea or black coffee in place of sugary drinks like soda.



Created with funding from the US Centers for Disease Control and Prevention in partnership with MaineHealth.



STEP THREE

IMPLEMENT ACTION PLAN

3
STRATEGY 2

STRATEGY TWO

LIMIT OR ELIMINATE SUGARY DRINKS;
PROVIDE WATER



STRATEGY 2: LIMIT OR ELIMINATE SUGARY DRINKS; PROVIDE WATER

WHY DOES IT MATTER?

Limiting sugary drinks is a key way to promote healthy eating and prevent excess weight gain in kids.¹ Research shows that sugary drinks contribute to childhood obesity.²

Sugary drinks provide a lot of calories very quickly. This is a problem because it's easy to drink more than your body needs before your body has a chance to signal that it is full. Also, sugary drinks are usually additions to your regular diet, adding calories that your body does not need.³

A 12-ounce serving of soda has the equivalent of 10 teaspoons of sugar.³ One serving of soda per day could lead to a 15 pound weight gain in one year.⁴ Each additional daily serving of soda increases a child's risk of obesity by 60%.⁵

Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks. Drinking water is linked to a number of health benefits. It can improve kids' readiness to learn and is the best first choice for hydration before, during, and after most exercise routines.^{6, 7}

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STRATEGY 2: LIMIT OR ELIMINATE SUGARY DRINKS; PROVIDE WATER

HOW TO IMPLEMENT

What's the best way to help kids avoid sugary drinks? Not providing them! Here are some ways you can limit sugary drinks and provide water instead.

Sugary Drinks include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

Ask students and families to limit sugary drinks brought in from home:

- Send home the Limit Sugary Drinks Sent in from Home – Letter to Families.
- Do not provide sugary drinks.

Promote drinking water at your program:

- Hold water breaks throughout the day.
- Set up a self-serve water station.
- Ensure water fountains are in good, working order.
- Make water more appealing.

Involve kids in activities to promote healthy drinks:

- Make Your Own Sugar Bottle Display.
- Role Model Drinking Healthy Beverages.

Learn about the benefits of less sugary drinks and share this knowledge with families using these handouts:

- 0 Sugary Drinks; Drink Water.
- What Should Young Children Drink?
- Water is Fuel for Your Body
- Is Juice a Healthy Choice or An Occasional Treat?
- How Much Sugar Do You Drink

Set a policy that limits or eliminates sugary drinks.

- Refer to the Healthy Together Recognition Program packet in the "Step 5: Celebrate" Tab for help with this.



LIMIT SUGARY DRINKS SENT IN FROM HOME

Dear Families,

As part of our efforts towards supporting health and wellness, we encourage you to limit sugary drinks brought in from home. Water is the best thirst quencher. We want your kids to be the healthiest they can be!

Here are some tips to limit sugary drinks and make water more appealing:

- **Flavor water with fresh squeezed fruit.** Try traditional lemon, lime, or orange wedges or experiment with things like melon, berries, and kiwi.
- **Try flavored, unsweetened seltzer water.** It's fizzy and tastes good so is a great substitute for soda.
- **Make water more fun.** Try serving water in unique drinking containers with crazy straws.
- **Choose whole fruit instead of juice.** If you do provide juice, choose only 100% juice and keep the servings small.
 - No more than 4-6 ounces per day for children age 6 years and younger.
 - No more than 8-12 ounces per day for children age 7 years and older.

The Healthy Together program works where children and families live, learn, work, and play to help make the healthy choice the easy choice. Healthy Together encourages families to adopt the 5-2-1-0 message:



**FIVE SERVINGS
OF FRUITS &
VEGGIES**



**TWO HOURS OR
LESS OF
SCREEN TIME**



**ONE HOUR OR
MORE OF BEING
ACTIVE**



**ZERO SUGARY
DRINKS**

For more information about Healthy Together, visit AtriumHealth.org/HealthyTogether. Thank you for joining us in our commitment to healthy kids!

Sincerely,



SELF-SERVE WATER STATION

**WATER IS
THE BEST
THIRST
QUENCHER**

To ensure the children in your care are getting plenty of water, encourage them to drink it by making it freely available. One way to do that is to set-up a self-serve water station so that children can get a drink without having to ask.

Here are some tips to guide you in setting up a self-serve water station.

- Create a designated spot to keep pitchers or jugs of cool water and cups at all times. Make sure they are refilled when needed and within reach of the kids.
- Set-up an insulated water dispenser outdoors for use during outdoor play. This may be the best option for keeping the water at a drinkable temperature.
- Provide each child with their own unique mug to keep at the program. This makes it easy to identify each child's mug and they are easy to clean and refill.
- Provide each child with their own water bottle to keep at the program. This may be the best option to avoid spills but can be cost prohibitive. You may want to consider asking parents to provide a water bottle for their child that can be kept at the program.

Regardless of whether or not you have success in setting up a self-serve water station, be sure to schedule water breaks into every program day. This is an easy way to make hydrating with water a regular part of the day.



WATER MORE APPEALING

**CHEERS
TO
DRINKING
WATER!**

Use one or all of these tips to make water more enticing to children:

- Stock the fridge with jugs or pitchers of tap water so there is always some freshly chilled water available.
- Use ice cubes to ensure water is nice and cold. Make it more fun by using fun-shaped ice cube molds, they make everything from animals to shapes to numbers and letters.
- Infuse a bit of fun flavor by adding lemon and orange, melon and mint, cucumber, or frozen berries to your water. Engage the children by letting them come up with ideas for the next flavor infusion.
- Offer flavored (unsweetened) seltzer water in place of “still” water as it has additional flavor and fizz! The sound, look, and way it feels can be appealing to kids.
- Decorate (or ask the children to decorate) personalized water bottles to keep at your program. You can cover the decoration with a clear sealant so they can be hand washed without impacting the design.
- Keep silly straws on hand as a special treat to use when drinking water.
- Use unique containers, such as mason jars, as glasses. Check out Amazon, Walmart or hardware stores for them.



DIRECTIONS TO MAKE YOUR OWN

SUGAR BOTTLE DISPLAY

Making a sugar bottle display is a great activity.

This powerful visual is one of the best ways to show just how much sugar is in some popular drinks – you'll be surprised. This is a tool that can be used to help kids and staff to make smart drink choices.



Supplies:

- Bottles of common sugary drinks – refer to the table on the next page for suggestions.
- Bag of white sugar
- Teaspoons
- Funnels

Directions:

1. Empty, wash, and completely dry bottles. Be careful not to damage the labels as you want to keep them on the bottles.
TIP: Give the bottles at least 24 hours to dry.
2. Find the Nutrition Facts on the bottle label.
3. Take note of serving size (many bottles contain two or more servings – something to think about!)
TIP: Make sure to pay attention to the information listed per bottle.
4. Record how many grams of sugar are in a bottle.



DIRECTIONS TO MAKE YOUR OWN

SUGAR BOTTLE DISPLAY

5. Figure out how many teaspoons of sugar are in each bottle by dividing the grams of sugar by 4.2 (the number of grams of sugar in a teaspoon).

For example:

- Serving size 1 bottle
- Grams of sugar per bottle: 48g
- Teaspoons of sugar per bottle: 48 divided by 4.2 \approx 11 The amount of sugar to put into this bottle is 11 teaspoons.

6. Put funnel into mouth of bottle and pour in the sugar. Replace cap. Screw on tight!

7. Make a chart like the one below that matches the drinks you chose.

TIP: Laminate the chart to ensure it lasts a long time.

8. Display the chart in your building so kids and staff can see how much sugar is in some of their favorite drinks. Place the bottles filled with sugar in front of the chart.

9. Other ideas:

- Take a photo of your display and use along with chart and other handouts to make a bulletin board.
- Make a game out of it by having people guess how many teaspoons of sugar are in their favorite drinks and give the winners a 5-2-1-0 approved prize.
- Have a poster contest around limiting sugar-sweetened beverages.

DRINK	SIZE	TOTAL CALORIES	SUGAR GRAMS	SUGAR TSP.
Arizona® Green Tea & Honey	20 oz	175 cal	43 g	10
Coca-Cola® Classic	20 oz	240 cal	65 g	11
Dunkin' Donuts Strawberry Fruit Coolata®	16 oz (sml)	230 cal	57 g	14
Gatorade Thirst Quencher®	20 oz	133 cal	35 g	8
Glaceau Vitamin Water®	20 oz	120 cal	32 g	8
Minute Maid® 100% Apple Juice	15.2 oz	210 cal	49 g	11
Monster Energy® Drink	16 oz	200 cal	54 g	13
Mountain Dew®	20 oz	290 cal	77 g	18
Sprite®	20 oz	240 cal	64 g	15
Starbucks Bottled Frappuccino®	9.5 oz	200 cal	32 g	8
Water	ANY SIZE!	0 cal	0 g	0



DRINKING HEALTHY BEVERAGES

Kids are watching what you say and do!

Take action and be a healthy role model by doing the following things:

- Only drink water.
- Put any drink that isn't water in a logo-free, opaque container.
TIP: This also helps avoid any unintended advertising to kids!
- Stock the lounge with bottled water. Try both plain and sparkling!
- Encourage kids to drink water when they are thirsty. At transitions, line up next to a water fountain to give them an opportunity to grab a quick drink!

Send a healthy message to kids by ditching sweet drinks and drinking water!





SWEET DRINKS...

DRINK WATER!

Put limits on juice!

- Juice products labeled “-ade,” “drink,” or “punch” often contain 5% juice or less. Sometimes, the only difference between these “juices” and soda is that they have added Vitamin C.
- Always try to choose whole fruits over juice.
- Suggest a glass of water or low-fat milk instead of juice.
 - If you choose to serve juice: Buy 100% juice.
- Each day, juice should be limited to:
 - 4-6 ounces for children 1-6 years old.
 - 8-12 ounces for children 7-18 years old.
 - No juice for children 6 months and under.

Water!

Keep It Handy, Keep It Cold:

- Keep bottled water or a water bottle on hand.
- Fill a pitcher of water and keep it in the fridge.

Liven It Up, Make It Fruity:

- Add fresh lemon, lime, or orange wedges to water for some natural flavor.
- Try mixing seltzer with a splash of juice.

Be a Role Model:

- Drink water when you're thirsty.
- Replace soda with water, instead of other sugar-sweetened beverages, such as juice or sports drinks.

Water is fuel for your body:

- Between 70-80% of our body is made up of water.
- When you exercise, you sweat, and when you sweat, you LOSE water – it is important to replace the water you lose when you sweat.
- Water is the #1 thirst quencher!

Did you know?

Soda has no nutritional value and is high in sugar. Just 9 ounces of soda has up to 150 empty calories. Many sodas also contain caffeine, which kids don't need.



WHAT SHOULD YOUNG CHILDREN DRINK?

The best drinks for young children—and for kids of all ages—are water and milk.

- Water is essential for good health and is the best thirst quencher.
- Milk is loaded with important nutrients, especially calcium, which is vital to proper development of teeth and bones.
 - Children between 1 and 2 years old should be drinking whole milk and/or breast milk.
 - Preschoolers can consume 2-3 cups of milk (or other dairy, or dairy alternative products like fortified soy or almond milk) every day.
- Even 100% juice has a significant amount of sugar, so limit to no more than one serving (about 4-6 ounces) of 100% juice a day.
- Kids may be less likely to drink enough water and milk if soda and other sugar-sweetened beverages are available.

What You Can Do:

- Promote water and milk as the drinks of choice.
- Offer milk or milk alternatives at all meals, and water between meals.
- For flavored milk, limit the added sugar by flavoring it yourself versus buying premixed versions.
Note: Flavored milk should only be an occasional treat, if served at all.
- Use the drink chart below to talk with your kids about how much sugar is in some common drinks.
- Bring water or milk instead of sugar-sweetened drinks to celebrations.
- Be a role model by drinking water or milk.

DRINK	SIZE	SUGAR
Water	8 oz.	0
Milk	8 oz.	11 grams
100% Orange Juice	8 oz.	22 grams
Juice Drink (10% fruit juice)	8 oz.	38 grams
Powdered Drink Mix (with added sugar)	8 oz.	24 grams
Soda	8 oz.	27 grams



WATER IS FUEL

FOR YOUR BODY

**STAY
HYDRATED!
IT'S
COOL.**

Ever wonder why you need water? Like food, water acts like fuel in your body and helps your body run. To keep your body running well, drink plenty of water throughout the day.

Kids who eat healthy, drink enough water, and sleep well at night will have more energy for all their sports and activities!

- Between 70-80% of your body is made up of water.
- Water is the #1 thirst quencher.

Give your body water when you need more fuel!

When you exercise, you sweat, and when you sweat, you LOSE water and minerals. It's important to replace the water you lose when you sweat by drinking water. You can replace the minerals by eating a piece of fruit – such as a banana. It's uncommon for kids to reach a level of activity where they require sports drinks. Most often the best choice is water and a light snack.

Energy drinks should never be used to replace water during exercise. Most energy drinks, like Red Bull and Monster, contain caffeine. Caffeine causes the body to lose water and can sometimes cause anxiety, headaches, stomachaches, and sleep problems.

Energy drinks and many sports drinks contain HIGH amounts of sugar and calories. The extra sugar and calories may add to weight gain and tooth decay.



DO YOU THINK THAT JUICE IS A HEALTHY CHOICE OR AN OCCASIONAL TREAT?

Juice is best as an occasional treat.

Here's why...

- Juice contains similar amounts of sugar as soda.
- Fruit juice offers no health benefits for infants younger than 6 months.
- For infants older than 6 months and children, fruit juice offers no health benefits over whole fruit.
- Fruit juice is NOT appropriate in treating dehydration or diarrhea.
- Too much juice may lead to obesity, diarrhea, gas, malnutrition, and tooth decay.
- Calcium-fortified juices do provide calcium, but lack other nutrients present in breast milk, formula, or cow's milk.

Recommendations:

- Offer and encourage children to eat whole fruit instead of juice. They will get all the great fiber of the whole fruit and feel fuller than with drinking juice.
- If you decide to give your child juice:
 - It is recommended that you do not introduce it until your infant is at least twelve months old.
 - Choose 100% juice instead of fruit "drinks," which most likely contain added sweeteners and flavors.
 - Younger children aged 1 to 6 years should be limited to only 4-6 ounces of 100% juice a day, if any at all.
 - Older children should be limited to 8-12 ounces of 100% juice a day, if any at all.
 - Serve juice in open cups, not bottles or "sippy" cups that allow children to consume easily throughout the day.

Adapted from the American Academy of Pediatrics Committee on Nutrition.

*Check out how much sugar is in some popular
(and marketed towards children) juice and juice drinks:*

BEVERAGE	SUGAR GRAMS PER SERVING	TSP. OF SUGAR PER SERVING
Sunny D Baja Orange Drink	43g	10
Capri Sun Red Berry Drink	25g	6
Apple & Eve Bert & Ernie Berry 100% Juice	13g	3
Earth's Best Strawberry Pear 100% Juice	11g	2.5
Water	0g	0

**EAT YOUR FRUIT
INSTEAD OF
DRINKING IT.**

**IT'S BETTER
FOR YOU.**



HOW MUCH SUGAR

Consider how much you or your kids enjoy these, and similar, drinks.
They provide loads of sugar and little, if any, nutrition.

Common Drink Choices

DRINK	SIZE	TOTAL CALORIES	SUGAR GRAMS	SUGAR TSP.
Arizona® Green Tea & Honey	20 oz	175 cal	43 g	10
Coca-Cola® Classic	20 oz	240 cal	65 g	11
Dunkin' Donuts Strawberry Fruit Coolata®	16 oz (sml)	230 cal	57 g	14
Gatorade Thirst Quencher®	20 oz	133 cal	35 g	8
Glaceau Vitamin Water®	20 oz	120 cal	32 g	8
Minute Maid® 100% Apple Juice	15.2 oz	210 cal	49 g	11
Monster Energy® Drink	16 oz	200 cal	54 g	13
Mountain Dew®	20 oz	290 cal	77 g	18
Sprite®	20 oz	240 cal	64 g	15
Starbucks Bottled Frappuccino®	9.5 oz	200 cal	32 g	8
Water	ANY SIZE!	0 cal	0 g	0



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY THREE

PROHIBIT THE USE OF FOOD AS A REWARD



WHY DOES IT MATTER?

Rewarding kids with food, even healthy foods, encourages kids to eat outside of meal and snack times, when they may not be hungry, and can lead to poor eating habits.^{1,2}

Using food, such as candy, cookies, doughnuts, sugary drinks, and pizza, as a reward for good behavior and academic performance is a common practice with kids and puts them at risk for excess weight gain and obesity.^{3, 4}

Encouraging kids to eat healthy foods, but at the same time rewarding good behavior with unhealthy foods, sends a mixed message and confuses kids.¹

Foods that are used as rewards are typically high in sugar, fat, and salt with little nutritional value, and can play a role in establishing kids' preferences for unhealthy foods.^{1,2}

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STRATEGY 3: PROHIBIT THE USE OF FOOD AS A REWARD

HOW TO IMPLEMENT

Rewarding kids with food, even healthy foods, encourages kids to eat when they may not be hungry and can lead to poor eating habits. Here are some ways to ensure food is never used as a reward and what you can do instead.

Food Reward is a food used to encourage good behavior.

Instead of food rewards:

- Use Non-Food Rewards.
- Use Physical Activity as a Reward.

Learn about the harm of using food as a reward and non-food alternatives and share this knowledge with families and staff using these handouts:

- Food Rewards Add Up
- What the Experts Say about Food Rewards
- Non-Food Rewards at Home

Set a policy that prohibits the use of food as a reward.

- Refer to the Healthy Together Recognition Program packet in the "Step 5: Celebrate" Tab for help with this.



NON-FOOD REWARDS

For any age student, don't underestimate the power of using verbal praise that is specific. For example, "You did a great job, John. I'm so proud of you for sharing your toys with the other kids today."

To support your efforts, help to create a program-wide policy that prohibits the use of food as a reward.

Alternatives to food as a reward

Children can:

- Share a special item or talent with the class.
- Be "Super Kid of the Day", or "Star of the Day."
- Sit in a special seat during snack time or lunch.
- Be recognized in a newsletter or on a bulletin board.
- Be given an important responsibility.
- Receive a compliment from the other kids in the classroom.
- Receive a positive note from the director or have one sent home for parents to see.
- Get a signed t-shirt, Frisbee, or ball.
- Lead out on group activities, such as simon says.
- Receive coupons with special privileges.
- Attend a reading party (kids bring blankets to sit on and read favorite books).
- Read a favorite poem.
- Share a favorite picture of a family member or friend.
- Play a favorite game or puzzle.
- Eat lunch outdoors or have a picnic.
- Eat lunch/take a walk with the director or a favorite provider.
- Get access to items that can only be used on special occasions (e.g., special art supplies, toys, or games).
- Get a trip to a treasure chest full of small, non-food items (e.g., bubbles, crayons, finger puppets, Slinkys, yo-yos, rubber balls, spinning tops, stickers, school supplies, etc.).
- Get a monthly indoor or outdoor physical activity event to celebrate accomplishments or birthdays.
- Make a list of fun, non-food rewards with the children, post the list and let the kids choose a reward when appropriate.
- Dance to favorite music.
- Schedule a field trip.
- Read the kids' favorite book.
- Allow extra or longer play time.
- Offer extra outdoor activities.
- Receive a trophy or ribbon.



USE PHYSICAL ACTIVITY AS A REWARD

Using physical activity instead of a food reward:

- Helps kids get their 1 hour a day!
- Makes physical activity fun!
- Won't limit how many rewards you can give, as they just add up to more activity for kids!

So next time you want to reward kids, think about how you could make it physically active. Here are some ideas to get you started:

- Dancing to favorite music.
- A 'walk and talk' with a special person, favorite provider or director.
- Extra outdoor activities.
- Setting up an obstacle course.
- Special access to particular toys or games that promote movement like a bike or jump rope.
- A monthly physical activity event to celebrate accomplishments.
- Access to active video games (e.g., Wii, Dance Dance Revolution).

*Let's help kids
understand that
movement can be fun!*



FOOD REWARDS ADD UP

$$\begin{array}{r} 61 \\ 230 \\ 200 \\ 100 \\ 160 \\ +220 \\ \hline 971 \end{array}$$

Often times we think that “little treats” don’t add up; however, one of our partners shared what their 6 year old daughter ate in one day, just from food rewards. Check it out, you’ll be amazed!

FOOD REWARD # 1

Sally arrives at pre-school and shortly after receives Skittles to practice adding and subtracting. She gets to eat them all when she is done.

Small snack pack of Skittles = 61 calories

FOOD REWARD # 2

Sally’s classmate Ben is turning 6! Sally gets a cupcake (right before lunch) to help Ben celebrate!

Cupcake = 230 calories

FOOD REWARD # 3

After pre-school, Sally goes to Grandma’s house. Mom provided a healthy snack for after school, but Grandma offers Sally treats instead because she is excited to spend the afternoon with her (a milkshake, juice box, and cookies!).

Small milkshake = 200 calories

Juice box = 100 calories

Cookies = 160 calories

FOOD REWARD # 4

Sally gets picked up by her dad from Grandma’s house and on the way home is given a candy bar for being so well-behaved at Grandma’s.

Candy bar = 220 calories

Throughout the day, Sally took in 971 calories just in food rewards! That’s over half the calories she needs in a day, and doesn’t even include her three meals. These treats are full of “empty calories” and offer little nutrition.

Wondering what you can do to help prevent this?

- Work with children to learn what, besides food, makes them feel rewarded – an extra 5 minutes of play time? Listening to music? Then, provide these rewards instead of food.
- A personal word of praise or a high five is a great way to reward a child.
- Use physical activity as a reward!
- Talk to your provider about setting a policy about not using food as a reward.
- Occasional treats are okay, but they should be just that – occasional – and not a reward but a treat!



SAY ABOUT FOOD REWARDS

**LISTEN
UP!**



American Academy of Pediatrics:

Food should be used as nourishment, not as a reward or punishment. In the long run, food rewards or bribes usually create more problems than they solve.

American Academy of Family Physicians:

Food should not be used for non-nutritive purposes such as comfort or reward. Do not provide food for comfort or as a reward.

Academy of Nutrition and Dietetics:

Do not use food as a reward. When children are rewarded with sweets or snack food, they may decide that these foods are better or more valuable than healthier foods.

American Academy of Child and Adolescent Psychiatry:

Do not use food as a reward.

American Psychological Association:

Avoid using food as a reward for good behavior. Making unhealthy food a reward for good deeds promotes the idea that healthy food isn't as appealing as junk food or something to look forward to.

Healthy Together:

Prohibit the use of food as a reward.

Yale Medical Group:

Using food as a reward or as a punishment can undermine the healthy eating habits that you're trying to teach your children. Giving sweets, chips, or soda as a reward, often leads to children overeating foods that are high in sugar, fat, and empty calories. Worse, it interferes with kids' natural ability to regulate their eating, and it encourages them to eat when they're not hungry to reward themselves.

Adapted from: Fedewa, A., Courtney, A. The Use of Food as a Reward in Classrooms: The Disadvantages and the Alternatives. 2014.



NON-FOOD REWARDS

AT HOME

Be sure to avoid giving extra time in front of the TV or computer as a reward!

Words of appreciation can go a long way. Children love to hear "You did a great job" or "I appreciate your help."

How can you celebrate a job well done without using food treats?

Here are some ideas:

- Make a list of fun, non-food rewards that don't cost much and post it where the whole family can see it. Allow your child to choose something from the list when appropriate.
- Have a separate list of special and inexpensive rewards for those really big achievements.
- Give certificates or ribbons for healthy behaviors.
- Allow your child to have a few friends over after school to play sports.
- Invite a few of your child's friends to a sleepover.
- Have a family game night.
- Keep a box of special toys or art supplies that can only be used on special occasions.
- Go to a sports game.
- Camp out in the back yard.
- Allow the use of electronics that support physical activity, like Dance Dance Revolution.
- Choose toys and games that promote physical activity like jump ropes, balls, or Skip-Its.

Food as a reward:

- *Contributes to poor health.*
- *Encourages over-consumption of unhealthy foods.*
- *Contributes to poor eating habits.*
- *Increases preferences for sweets.*



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY FOUR

PROVIDE OPPORTUNITIES TO GET PHYSICAL
ACTIVITY EVERY DAY



STRATEGY 4: PROVIDE OPPORTUNITIES TO GET PHYSICAL ACTIVITY EVERY DAY

WHY DOES IT MATTER?

Active kids tend to be healthier kids, and healthier kids are better learners.

Regular physical activity reduces feelings of anxiety, stress, and depression, and increases self-esteem.^{1,2}

Kids who are physically active on a daily basis are less likely to be overweight or obese. They are also less likely to develop risk factors for chronic diseases and several types of cancer.¹⁻³

Students who are physically active tend to have better grades, school attendance, and classroom behaviors.⁴⁻⁸

Students spend most of their time in the classroom, making it a practical location for adding opportunities for physical activity. Brief classroom physical activity breaks (5-10 minutes) can improve attention, concentration, on-task behavior, and test scores.⁴⁻⁸

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STRATEGY 4: PROVIDE OPPORTUNITIES TO GET PHYSICAL ACTIVITY EVERY DAY

HOW TO IMPLEMENT

Active kids tend to be healthy kids and better learners. Here are some ways to get kids moving during the school day. Which ones can your school use?

Physical Activity is any movement that increases heart rate and breathing such as running, climbing, jumping, dancing, etc.

Provide opportunities to get physical activity:

- Provide infants supervised tummy time at least 2-3 times each day.
- Aside from eating and napping, limit sedentary activities to no more than 15 minutes at a time.
- Take children outside to play every day.
- Have staff participate in movement activities and free play with the children.
- Use movement in learning, see Movement in Learning Resources.
- Use Quick Activity Breaks.
- Do not take away physical activity as a punishment.
- Use Physical Activity as a Reward.
- Create a Dedicated Activity Space at your program.
- Create a StoryWalk™.

Learn how to include physical activity in every day and share this knowledge with families using these handouts:

- Get One Hour or More of Physical Activity Every Day
- Make Physical Play Part of Every Day!
- Take It Outside

Set a policy that requires opportunities for physical activity to be provided every day.

- Refer to the Healthy Together Recognition Program packet in the "Step 5: Celebrate" Tab for help with this.



MOVEMENT IN LEARNING RESOURCES

Like adults, kids need to stay active throughout the day. Children who move feel less stressed, sleep better at night, gain more focus, are more ready to learn, and develop healthy bones, muscles, and joints.

One way to make sure that the children in your care are getting enough movement throughout the day is to incorporate movement into learning.

Below is a list of suggested resources that address movement in learning. Check them out and get moving!

Movement in Learning Resources:

- Go NAPSACC
activeplaybooks.com/book-and-dvd-set/
- Sesame Street's Healthy Habits for Life Resource Kit
sesamestreet.org/cms_services/services?action=download&uid=77960fa1-69ad-47c9-a54d-e98b95863ffa
- Growing Up WILD: Exploring Nature with Young Children
projectwild.org/GrowingUpWILD.htm
- StoryWalk™
kellogghubbard.org/storywalk
- Diane Craft's Active Play Manual
activeplaybooks.com/book-and-dvd-set/

*You can also contact
your local **Healthy
Together** Coordinator
for guidance!*



QUICK ACTIVITY BREAKS

LET'S TAKE A BREAK!

There are several ways to incorporate these ideas into the day. You could:

- Use them throughout the day as a quick and easy physical activity break.
- Put a few together for an indoor activity period.
- Combine them all for use at a health fair or field day.

Try the ideas below for quick physical activity breaks in between learning activities.

High Knee Run/March: Run or march in place, lifting your knees in front of you as high as you can.

Hula Hoop: Around your waist. Do the best you can and have fun! Keep moving your hips! Hula hoop twirling builds abdominal strength. Twirling two hula hoops (one on each arm) builds hand-eye coordination.

Tree Pose: Balance on one foot. Place your other foot on the inside of your balanced leg. Your knee should be pointing to the side and your heel pointing up your leg. It is okay to leave your toes on the ground if you need to. Bring your hands together in front of you or overhead. Change legs after a count of 30.

Wood Chopper: Stand with your feet hip distance apart. Squat down with arms extended in front of you with a ball between your hands or just bring your hands together in a fist. As you lower in a squat bring the ball towards the ground. As you rise up, bring the ball over your head. Keep your eyes looking straight ahead the entire time.

Chair Pose: Feet together. Legs together. Keeping your knees together, sit back like you are sitting in a chair. Hold that position as long as you can. Relax when you need to, and then try again.

Skate in Place: Pretend to ice skate in place as you hop side to side, bringing your heel behind you as high as you can. Swing your arms side to side. You can do this without hopping by stepping side to side.

Agility Ladder: Place a ladder on the ground. Run through the ladder without stepping on the bars. Pick your knees up high! Run through the ladder and then jog around to the other end to do it again.

Squeeze the Ball: Place a ball between your hands, elbows pointing out to the side. Squeeze your palms in towards the ball. Feel your arms working hard!

Jump Rope: You can pretend to jump rope or use a real jump rope. Keep moving! Jumping rope builds endurance and is recommended for both children and adults. It can be done individually or in a group setting.

Hands to Knee: Extend your arms overhead. Lock your thumbs together. Lift one knee up as you pull your arms down to touch that knee. Arms go back overhead as that foot goes back down to the ground. Lift the other knee as you pull your arms down to touch the knee. Stand nice and tall to help your abdominal muscles get strong!



AS A REWARD

Using physical activity instead of a food reward:

- Helps kids get their 1 hour a day!
- Makes physical activity fun!
- Won't limit how many rewards you can give, as they just add up to more activity for kids!

So next time you want to reward kids, think about how you could make it physically active. Here are some ideas to get you started:

- Dancing to favorite music in the classroom.
- A "walk and talk" with a special person, favorite provider or director.
- Extra outdoor activities.
- Setting up an obstacle course.
- Special access to particular toys or games that promote movement like a bike or jump rope.
- A monthly physical activity event to celebrate accomplishments.
- Access to active video games (e.g., Wii, Dance Dance Revolution).

*Let's help kids
understand that
movement can be fun!*



CREATE A

DEDICATED ACTIVITY SPACE

The concept of an activity space has been successfully implemented in schools as a way to reward good behavior and incorporate physical activity into the day.

Follow the steps below to create your own activity space.

1. Identify a room or corner of a room that can be used as the activity space. The space can be fairly small, but should be big enough to accommodate a small group of 3-4 children.
2. Set up the space by laying down foam floor mats or a carpet with yoga mats.
3. Stock the space with games and activities that can be used for physical activity.
4. Make the activity space part of your daily routine.
5. Allow staff to give children a "coupon" for 10 minutes in the activity space as a reward for good behavior.
6. Let children use the space to "get their wiggles out."

**TWISTER • JUMP ROPES • YOGA
BALLS • YOGA CARDS • TENTS
SCARVES • BEAN BAGS • HULA
HOOPS • FLOOR SPOTS • TUNNELS**



THE STORYWALK™ PROJECT

For other questions, such as "How do I make my own StoryWalk™?" or "How much does it cost to make a StoryWalk™?", please contact the creator Anne Ferguson at 802.223.7035.

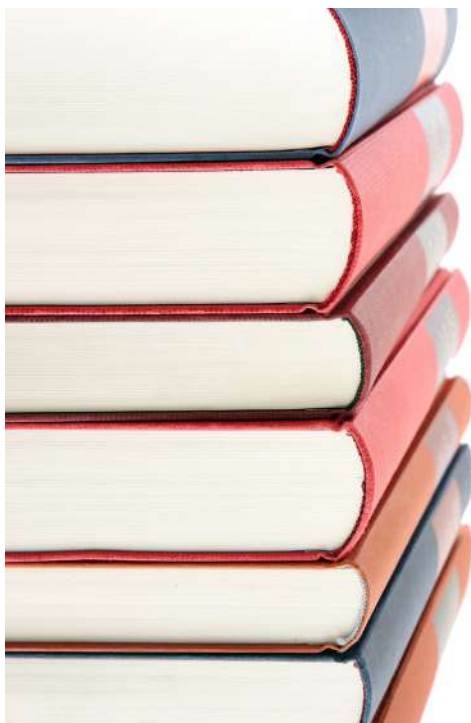
What is a StoryWalk™?

A StoryWalk™ combines physical activity with literacy. It's an innovative way to get people of all ages out walking while reading children's picture books. Pages of a book are transformed into signs that are then laid out on a trail inviting families, children, caregivers, teachers, and others to follow the path of pages.

Where can I use a StoryWalk™?

A StoryWalk™ can easily be set up on playgrounds, walking paths, hiking trails, or fields. Our signs are windproof and waterproof and can be placed at different heights for various age levels.

The StoryWalk™ Project was created by Anne Ferguson of Montpelier, VT and developed in collaboration with the Vermont Bicycle & Pedestrian Coalition and the Kellogg Hubbard Library.





ONE HOUR OR MORE OF BEING ACTIVE

EVERY DAY

MOVE 1 HOUR EVERY DAY!

Physical activity can be free and fun!

- Take a walk with your family
- Play with your pet
- Play tag
- Take a bike ride (remember to wear your helmet)
- Turn on music and dance
- Jump rope
- Play Frisbee
- Take the stairs
- Park the car at the end of the parking lot
- Make snow angels

Make physical activity easier.

- Make gradual changes to increase your level of physical activity.
- Track the level of your physical activity using a pedometer, fitness band, or online tracker.
- Choose toys and games that promote physical activity (e.g., balls, hula hoops, jump ropes, scarves).
- Do physical activities together with friends or family.
- Turn off the TV and computer and keep them out of the bedroom.
- Limit recreational screen time (e.g., TVs, computers, video games, etc.).
- Encourage lifelong physical activity by incorporating it into your routine.
- Keep physical activity fun! You'll be more likely to do it.

Did you know?

One hour of moderate physical activity means:

- Doing activities where you breathe hard, like fast walking, hiking, or dancing.

20 minutes of heavy physical activity means:

- Doing activities where you sweat, like running, aerobics, or basketball.

Physical activity...

- Makes you feel good.
- Makes your heart happy.
- Makes you stronger.
- Makes you flexible.



**BE A
ROLE MODEL**

**SCHEDULE ACTIVE FAMILY
PLAY TIME DAILY.**



MAKE PHYSICAL PLAY PART OF EVERY DAY!

Children need LOTS of time to move their bodies! Movement helps children develop their motor skills, which are important to all other areas of development—language, cognition, social, emotional, and adaptive skills. Children need encouragement, instruction, and opportunity to develop their motor skills; help support this by practicing the following.

Be intentional about teaching your kids how to move.

Movement skills don't always naturally develop. Try purposefully including the following active movements in your play time with your children:

UP TO 1 YEAR OLD – Stretching, patting, grasping, releasing, creeping, crawling

1 TO 2 YEARS OLD – Clapping, grabbing, squeezing, pressing, stamping, pushing, pulling, jumping

2 TO 3 YEARS OLD – Twisting, balancing, waddling, climbing, marching, rolling, sliding, turning

3 TO 4 YEARS OLD – Hopping, tossing, galloping, jumping, slithering, darting, bouncing, trudging

4 TO 5 YEARS OLD – Tumbling, running, galloping, prancing, skipping, throwing, catching, tip-toeing, bending, stretching, collapsing, sneaking, balancing, trotting, kicking, batting

Choose toys that promote movement.

Depending on the age of your child, there are different toys to consider.

UP TO 1 YEAR OLD – Floor mirrors, crib gyms, snap lock beads, push and pull toys, low climbing platforms

1 TO 2 YEARS OLD – Activity tables, bean bags, tunnels, large balls, ride on toys (no pedals)

2 TO 3 YEARS OLD – Wagon/wheelbarrow, spinning seat, hopper balls, rocking horse

3 TO 4 YEARS OLD – Foam flying disks, soft baseball and bat, adult-like push toy (lawnmower, vacuum, etc.), double blade ice skates, ribbon wands

4 TO 5 YEARS OLD – Climbing ropes, kite, jump rope, Velcro catching mitt, junior size sports equipment (soccer ball, football, batting tee, etc.)

Make your family time active by:

- Scheduling active family play into your routine.
- Playing active games together (Twister, charades, tag, red light/green light, Simon Says).
- Acting out favorite stories.
- Going on a walk or hike together.
- Setting up an obstacle course in the house or garage.
- Dancing to music.

Adapted from the New Hampshire Department of Health and Human Services Physical Play Every Day! pamphlets.



TAKE IT OUTSIDE

With so much technology, it can be hard to pull ourselves away from indoor attractions like computers, TVs, and video games. As a result, we miss out on the exciting and beautiful world of nature that is right outside the door. Spending time in nature, either alone or with our families, has positive outcomes for everyone.

Did you know that experts have found that kids who have greater contact with nature are happier, healthier, smarter, more creative, more optimistic, more focused, and more self-confident? Families also have stronger bonds and get along better if they participate in activities outside. Getting outside can even help prevent diabetes, behavioral disorders, and depression. So, no matter how tempting staying inside may be, making time for nature is really important!

Tips to get involved:

- Make a list of nature activities that your kids want to do and then use those activities as rewards.
- Encourage kids to go outside with you while you do yard work.
- Help kids plant a garden that they can take care of.
- Check out books on local animals, like birds, and help your kids explore them.
- Get other friends and families involved in your nature outings – the more, the merrier!

Here are some fun, family-friendly outdoor activities you can try:

- Go apple or berry picking
- Jump in puddles
- Go stargazing and pick out your favorite constellations
- Plant a vegetable garden
- Go for a hike or nature walk
- Collect seashells on the beach
- Follow animal tracks
- Sleep in the backyard
- Go sledding
- Go fishing



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY FIVE

LIMIT RECREATIONAL SCREEN TIME



STRATEGY 5: LIMIT RECREATIONAL SCREEN TIME

WHY DOES IT MATTER?

Limiting screen time can help prevent childhood obesity.¹

Young children who spend less time watching TV tend to do better in school, have a healthier diet, and are more physically active when they are older.²

Too much screen time puts kids at risk for lower reading scores, attention problems, and problems learning.³⁻⁶

Screen time includes time spent watching TV, playing video games, using a computer, and using mobile devices such as smartphones and tablets.

As new screen technologies become popular, they don't replace the old ones. For example, video games and tablets have not replaced television time – they have actually added to the amount of time kids spend with screens.⁷

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STRATEGY 5: LIMIT RECREATIONAL SCREEN TIME

HOW TO IMPLEMENT

Screens include TVs, computers, video games, tablets, and smartphones.

Recreational Screen Time is screen time used for non-educational purposes.

Be smart about screen time:

- Prohibit screen time for children under the age of 2.
- For children 2 and older; aim to use screen time for educational purposes only.
- If you allow recreational screen time for children ages 2 and older; limit to 2 hours each week.
- Remove the television from the care room(s). If you cannot remove it, cover it with room dividers or a barrier.
- Use audiobooks or soft music for rest time instead of television.
- Use the Pause to Play handout to get ideas on how to replace screentime.

Get the children involved:

- Create Take Home Activity Bags for families to borrow.
- Send home Healthy Activities for Vacation.
- Identify screen-free alternatives with the kids' help using the My Favorite Things to Do Instead of Watching TV worksheet.
- Send home the It's Time to Ditch the Screens! Let's Play! handout.

Learn about the importance of limiting recreational screen time and how to do it and share this knowledge with families using these handouts:

- Limit Recreational Screen Time to Two Hours or Less
- Promote Healthy Viewing Habits
- Unplugged!
- Screen Time and the Very Young
- National Screen-Free Week
- Tips for Reading to Young Children
- Healthy Sleeping Habits

Set a policy that limits recreational screen time.

- Refer to the Healthy Together Recognition Program packet in the "Step 5: Celebrate" Tab for help with this.



CHANGE THE CHANNEL

PAUSE TO PLAY

**BRING
BACK
SILLY!**

Kids are getting way too much screentime these days – up to 7 hours a day in some cases. Much of the time kids are spending in front of screens is time kids USED to spend being active. Let's switch this back around and replace screen time with physical activity!

Here are a few ideas to get you started:

- *Turn on music and have a dance party.*
- *Set up an obstacle course.*
- *Allow extra outdoor time.*
- *Do age-appropriate exercise videos.*
- *Do a scavenger hunt.*
- *Play active games like: Red Light Green Light, Freeze Dance, Hopscotch, Tag, Simon Says, Twister.*



ACTIVITY BAGS

WHAT'S IN YOUR BAG?

Looking for a way to help families unplug from screens?

Try creating Take Home Activity Bags!

1. *Create Take Home Activity Bags or Boxes.* Fill a bag or box with new and different activities for kids and families to do at home as an alternative to screen time. Include special items that kids don't have access to every day. You want to provide desirable items that the kids want!
2. *Advertise to families.* Let families know that kids may "check out" an Activity Bag for the evening as an alternative to screen time. Consider adding the sentence below to parent communications.

"Attention Families! We now provide Take Home Activity Bags available to check out overnight for a fun alternative to screen time! If you'd like to have a screen-free evening, contact ____."

3. *Develop a check-out system.* Who will be responsible for the bags? How long will parents be allowed to borrow them for? How will you handle any lost or broken items?
4. *Keep the bags updated.* Use fun and exciting toys and activities!

**FLOOR PUZZLES • BOARD GAMES
STORY BOOKS • ACTIVITY DICE
SNOW BLOCK MAKERS • DIRECTIONS
AND SUPPLIES FOR SPECIAL ARTS
AND CRAFTS • JUMP ROPES • ANIMAL
TRACKS BOOK**

Idea originally developed by West School in Portland.



HEALTHY ACTIVITIES FOR VACATION

Circle each activity
when completed.
Complete as many as
you can!

**UNPLUGGED
CAN BE
FUN!**

Name: _____ Vacation Dates: _____

- Go sledding
- Try a new physical activity
- Make your own dip for veggies
- Go for a walk
- Build a snowman
- Play outdoors all day
- Play a card game
- Create an obstacle course
- Go on a hike
- Play baseball
- Build a snow fort
- Do a jigsaw puzzle
- Go swimming
- Dance to music
- Play a board game
- Go bowling
- Drink a glass of water upside-down
- Create a skit or play
- Go roller skating
- Play football in the snow
- Strike a yoga pose
- Have a fruit smoothie
- Jump rope or skip
- Don't use any screens all day
- Eat a banana spread with peanut butter and rolled in cereal
- Help make dinner
- Build a fort with furniture and blankets
- Go to a sporting event
- Make a card for someone special
- Do as many cartwheels or somersaults as you can
- Climb a tree
- Find a new park to visit

What else did you do?



MY FAVORITE THINGS TO DO

INSTEAD OF WATCHING TV

**LET'S
UNPLUG
TOGETHER!**

Name: _____

Life is more fun when you join in!

What do you like to do that helps your mind and body grow strong?

Here are some ideas to get you going:

**PUZZLES • READING • DANCING • SINGING
HOPSCOTCH • BUILDING TOWERS • PLAYING
DRESS-UP • JUMPING • ROLLING DOWN HILLS
WALKING • RIDING A BIKE • PLAYING CATCH
HELPING IN THE KITCHEN • FLYING KITES**



IT'S TIME TO DITCH THE SCREENS!

LET'S PLAY!

How many of these fun outdoor activities can you complete this year?

- ☐ Build a fort.
- ☐ Build sand castles.
- ☐ Catch butterflies.
- ☐ Cheer for a local sports team.
- ☐ Clean a local park.
- ☐ Climb trees.
- ☐ Dig up worms.
- ☐ Do a water balloon toss.
- ☐ Draw with sidewalk chalk.
- ☐ Eat watermelon and have a spitting seeds contest.
- ☐ Finger paint.
- ☐ Go berry picking.
- ☐ Go camping.
- ☐ Go fly a kite.
- ☐ Go on a nature walk.
- ☐ Go rollerblading/roller-skating.
- ☐ Go swimming.
- ☐ Go to a Farmer's Market.
- ☐ Go to the playground.
- ☐ Have a dance party.
- ☐ Have a healthy picnic.
- ☐ Have a hula hoop contest.
- ☐ Have a sack race.
- ☐ Have a three-legged race.
- ☐ Hug a tree.
- ☐ Make a fruit smoothie.
- ☐ Make flavored water by adding mint and cucumber to a pitcher of ice water.
- ☐ Make sock puppets.
- ☐ Paint rocks.
- ☐ Plant a seed.
- ☐ Play dress up.
- ☐ Play flashlight tag.
- ☐ Play hide and seek.
- ☐ Play mini-golf.
- ☐ Play with face paint.
- ☐ Run through the sprinkler.
- ☐ Wash the car by hand.
- ☐ Go star-gazing.

Have an ABC Scavenger Hunt
Write the ABCs on the edge of a paper plate and give one plate to each child. Walk around the yard or neighborhood. When they see something that starts with that letter (e.g., Nest - N), mark off the N on their plate.





LIMIT RECREATIONAL SCREEN TIME TO **2 HOURS OR LESS** EVERY DAY

Keep TV/Computer out of bedroom. No screen time under the age of 2.

Life is a lot more fun when you join in!

Try these activities instead of watching TV.

- Ride a bike.
- Go on a nature hike.
- Put together a puzzle.
- Turn on music and dance.
- Read a book or magazine.
- Spend time catching up with your family.
- Take your kids to the park or beach.
- Play board games.
- Walk, run, or jog.
- Start a journal.
- Play ball (basketball, catch, soccer, etc.).
- Go to the library.
- Explore free activities in your community.
- Rollerblade.
- Play charades.
- Go play in the snow
(e.g., sled, ski, snowshoe, build a snowman or fort).

Tame the TV and computer! Set limits and provide alternatives.

- Set some basic rules, such as no TV or computer before homework or chores are done.
- Do not watch TV during mealtime.
- Use a timer. When the bell rings, it's time to turn off the TV.
- Eliminate TV time during the week.
- Set family guidelines for age-appropriate shows.
- Make a list of fun activities to do instead of being in front of a screen.
- Keep books, magazines, and board games in the family room.

Healthy screen time means:

- No TV/computer in the room where the child sleeps.
- No TV/computer under the age of 2.
- One hour of educational TV/computer time between ages 2 and 5.
- After the age of 5, two hours or less per day.

Did you know?

- Screen time includes time spent on TVs, computers, gaming consoles handhelds, tablets, and smartphones. It's important to limit the use of ALL screens.
- Watching TV is associated with more snacking and increased obesity.
- Too much TV has been linked to lower reading scores and attention problems.



PROMOTE HEALTHY VIEWING HABITS

How much screen time is too much?

The American Academy of Pediatrics (AAP) recommends that kids under 2 years old not have any screen time and that those older than 2 have no more than 1-2 hours a day of quality programming.

Why is this important?

TV and other electronic devices can get in the way of learning, exploring, playing, sleeping, and interacting with parents and others, which encourages learning and healthy physical and social development.

Here are some tips you can use to help your child develop positive screen time habits:

- Keep screens out of your child's bedroom.
- Turn off TV and put away handheld devices during meal time.
- Treat screen time as a privilege to be earned – not a right.
- Establish and enforce family viewing rules, like allowing screen time only after chores and homework are complete.
- Make a list of fun activities to do instead of being in front of a screen. Keep books, magazines, and board games easily available.

What counts as a screen time?

Screen time is any time spent using TVs, computers, video games, tablets, and/or smartphones.



UNPLUGGED!

LIFE IS A LOT MORE FUN WHEN YOU JOIN IN!

Interesting facts about TV

- Screen can be habit-forming: the more time kids engage with screens, the harder time they have turning them off as they become older.
- Over half of advertisements during kids' TV shows are about foods, and up to 98% of these promote foods that are high in fat, sugar, and/or sodium.
- Reducing screen time can help prevent childhood obesity.
- Kids who spend less time watching television in early years tend to do better in school, have a healthier diet, be more physically active, and be better able to engage in schoolwork in later elementary school.
- Limiting exposure to television during the first 4 years of life may decrease children's interest in it in later years.

Adapted from Campaign for a Commercial-Free Childhood

Try some of these "unplugged" activities instead of watching TV.

- Take a walk
- Ride a bike
- Go on a nature hike
- Put together a jigsaw puzzle
- Go camping (even if it's just in the backyard)
- Go to a school sporting event
- Play a board game
- Read a book
- Play outside
- Turn on the music and dance
- Start a journal

Check these out!

- Center on Media and Child Health: cmch.tv
- Campaign for a Commercial-Free Childhood: commercialfreechildhood.org



SCREEN TIME AND THE VERY YOUNG

The American Academy of Pediatrics recommends **NO** screen time for children under 2 years of age. Listed below are some of the effects that excessive screen time (over two hours a day) can have on the very young.

Excessive Screen Time

- Can be habit-forming. The more time a young child is engaged with screens, the harder time they have turning them off as older children.
- Is linked to irregular sleep patterns and delayed language acquisition for children under 3.
- Is associated with problems later in childhood, including lower math and school achievement, reduced physical activity, social challenges, and increased BMI.
- Means less time involved in creative play and constructive problem solving.

Reduced Screen Time

- May lead to decreased interest in screen time when children are older.
- Can help prevent childhood obesity by allowing more time for physical activity and less exposure to television advertising for unhealthy foods targeted at children.
- Is related to doing better in school, having a healthier diet, being more physically active, and being better able to engage in school work.
- Can start now! Limiting exposure before age 6 greatly reduces some of the risks of excessive screen time.

Source: Campaign for a Commercial-Free Childhood.



PARTICIPATE IN

NATIONAL SCREEN-FREE WEEK

Screen-Free Week (formerly TV Turn-Off Week) is the annual national celebration where children, families, schools, and communities turn off TVs, video games, computers, and hand-held devices, and turn on life. Instead of relying on screens for entertainment, play, read, daydream, explore nature, and spend time with family and friends. This event is presented by the Campaign for a Commercial Free Childhood, and endorsed by many organizations, including the American Public Health Association, the National Head Start Association, KaBOOM!, the National Coalition for Promoting Physical Activity, and the US Play Coalition.

Life is a lot more fun when you join in!

Get ready for national Screen-Free Week by planning fun ways for you and your community to resist turning on that screen!

Here are some ideas to start with:

- Organize a group walk.
- Hold a bike parade.
- Plan a nature hike or scavenger hunt.
- Invite families to participate in a field day.
- Host a game night – have everyone bring their favorite game or puzzle to share.
- Hold regular story times.
- Organize a family dance.

Visit screenfree.org for more information and great resources.



TIPS FOR READING TO YOUNG CHILDREN

Reading to your child at least 20 minutes a day is very important, even with infants.

Concepts like stories, numbers, colors, shapes, and many more come to life when you read to your child and spend time together looking at the book. Reading to your child naturally helps bonding and closeness while helping a growing brain develop.

Here are some tips to help make reading to your young child a joy for everyone involved!

- For squirmy kids, use your own words instead of reading the text. It's okay to forget the plot for now and just talk about the pictures. Point to objects as you talk about them.
- Put life into the reading with your voice. Give different voices to different characters. Make the sounds of the animals pictured.
- Move your fingers across the page to show that movement is taking place.
- Each time you read a book, talk about the same things using the same words. Children love repetition and enjoy it when they know what you're going to say next.
- Encourage participation in the story (e.g., pointing at objects, repeating words after you, or adding sound effects).
- Talk about the pictures; don't stay on one page too long. Don't even expect to finish the book!
- Start with "easy-to-read," bright, simple picture books.
- Use the book the way you want to use it. For instance: you don't have to teach numbers to a one-year-old with a counting book. Just talk about the pictures, instead. You don't have to read what the book says. If the story includes a particular event or emotion you'd rather not present, make up your own version.

Reading together is a great substitute for screen time.

Even if you don't feel like reading, remember, many requests for book-time are merely indications that your child wants to sit and cuddle.



HEALTHY SLEEPING HABITS

How much sleep is enough?

There are no exact number of hours of sleep required by all kids in a certain age group, but the National Sleep Foundation suggests:

- Preschoolers (ages 3 to 5) need 10 to 13 hours of sleep a night.
- School-Age kids (ages 6 to 13) need 9 to 11 hours of sleep a night.
- Teens (ages 14 to 17) need 8 to 10 hours of sleep a night.

The average kid has a busy day. There's pre-school, taking care of pets, playing with friends, and participating in sports practice or other activities. By the end of the day, kids need sleep. However, a lot of kids are not getting the sleep they need. National experts surveyed kids about their sleep habits and here's what they learned:

- 70% of kids said they wish they could get more sleep.
- 71% of kids said they feel sleepy or very sleepy when it's time to wake up.
- 25% of kids said they feel tired every single day.



Five tips for bedtime

It may be a challenge to make a change to your children's bedtime routine, but if you stick to it your efforts will pay off.

These ideas can help:

1. Help your child prepare the night before by laying out their clothes, backpack, etc.
2. Set up a routine where kids slow down before bed and go to bed about the same time each night.
3. Avoid screen time at least one hour before bedtime.
4. Make the bedroom a cozy environment where your child wants to be.
5. Make the bedroom a screen-free zone.
6. Adjust your child's bedtime earlier if they are not getting enough sleep.



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY SIX

PARTICIPATE IN LOCAL, STATE AND NATIONAL
INITIATIVES THAT SUPPORT HEALTHY EATING AND
ACTIVE LIVING



STRATEGY 6: PARTICIPATE IN LOCAL, STATE, AND NATIONAL INITIATIVES THAT SUPPORT HEALTHY EATING AND ACTIVE LIVING

WHY DOES IT MATTER?

Other initiatives may *share new information, tools, and resources* that will support your efforts and increase the potential to create change.¹⁻³

Valuable relationships can be formed through collaboration with other initiatives that will help promote culture change across the community.¹⁻³

Coordinating with other initiatives to support healthy eating and active living will help to *improve the commitment and sustainability of local efforts*.¹⁻³

References

1. Keener D, Goodman K, Lowry A, Zaro S, Khan LK. Recommended community strategies and measurements to prevent obesity in the United States: Implementation and measurement guide. Centers for Disease Control and Prevention. 2009.
2. Organization WH. Population-based prevention strategies for childhood obesity: report of a WHO forum and technical meeting, Geneva, 15-17 December 2009. 2010.
3. Davis MM, Gance-Cleveland B, Hassink S, Johnson R, Paradis G, Resnicow K. Recommendations for prevention of childhood obesity. *Pediatrics*. 2007;120(Supplement 4):S229-S253.



STRATEGY 6: PARTICIPATE IN LOCAL, STATE, AND NATIONAL INITIATIVES THAT SUPPORT HEALTHY EATING AND ACTIVE LIVING

HOW TO IMPLEMENT

Bring fresh ideas and resources to your **Healthy Together** work when you participate in other initiatives that support healthy behaviors.

**HERE
THERE
AND
EVERYWHERE!**

Get involved with one of these excellent initiatives:

- Farm to Preschool farmtopreschool.org
- Be Active Kids beactivekids.org
- Let's Move Child Care healthykidshealthyfuture.com
- Healthy Futures Starting in the Kitchen blogs.cpcc.edu/healthyfutures/

Use national healthy observations:

- Use Healthy Dates to Celebrate to enhance your curriculum.



PUT THESE ON YOUR CALENDAR

HEALTHY DATES TO CELEBRATE

**WHO
DOESN'T
LIKE TO
CELEBRATE!**

The chart below shows some of the special days, weeks, and months of the year for celebrating health. Choose the special occasions you would like to celebrate with the kids. By adding these healthy dates into your schedule, you'll enhance your curriculum, support healthy eating, and promote physical activity all at the same time!

MONTH	SPECIAL DAYS, WEEKS, AND MONTHS
September	Fruits and Veggies – More Matters www.fruitsandveggiesmorematters.org Family Health and Fitness Day USA www.fitnessday.com
October	Health Literacy Month www.healthliteracy.com
November	Take a Hike Day (17th) National Parfait Day (25th)
December	National Hand Washing Awareness Month www.henrythehand.com
January	National Fiber Focus Month Oatmeal Month http://wholegrainscouncil.org/
Week 4	Healthy Weight Week http://www.healthyweight.net/hww.htm
February	National Sweet Potato Month American Heart Month www.heart.org
March	National Nutrition Month www.eatright.org
April	National Garden Month www.nationalgardenmonth.org
Week 4	National-Screen-Free Week www.screenfree.org
May	National Strawberry Month National Physical Fitness and Sports Month http://www.foh.hhs.gov/dbdmarketing/npfsm.html National Bike Month www.bikeleague.org
1st Wed	All Children Exercise Simultaneously (ACES) www.lensaunders.com/aces
June	National Fresh Fruit and Vegetable Month
August	Watermelon Day (3rd)

For more special monthly observations, go to:
healthymeals.nal.usda.gov/features-month-1
snap.nal.usda.gov/nutrition-through-seasons/holiday-observances
food.unl.edu/fnh/january



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY SEVEN

ENGAGE COMMUNITY PARTNERS TO HELP SUPPORT
HEALTHY EATING AND ACTIVE LIVING



STRATEGY 7: ENGAGE COMMUNITY PARTNERS TO HELP SUPPORT HEALTHY EATING AND ACTIVE LIVING

WHY DOES IT MATTER?

Positive change is more likely to occur when community partners are part of a program's development and implementation.¹

Engaging community partners and building coalitions can help to coordinate and align efforts and leverage resources in the community to support healthy eating and active living.²

*Community engagement can help build trust, find new resources and allies, create better communication, and improve overall health outcomes as successful projects evolve into lasting collaborations.*¹

References

1. Centers for Disease Control and Prevention. Principles of community engagement: Second edition. CDC/ATSDR Committee on Community Engagement. 2011.
2. Koplan JP, Liverman CT, Kraak VI. Preventing childhood obesity: health in the balance: executive summary. J. Am. Diet. Assoc. 2005;105(1):131-138.



STRATEGY 7: ENGAGE COMMUNITY PARTNERS TO HELP SUPPORT HEALTHY EATING AND ACTIVE LIVING

HOW TO IMPLEMENT

Engage community partners:

- Ask SNAP educators to provide nutrition education.
- Ask health professionals such as your program physician, local pediatrician, or nutritionist to come share their expertise.
- Ask Gardeners to help with your program garden.
- Invite local college students to lead a healthy activity.
- Take a tour of a local farm to learn how fruits and vegetables are grown.
- Seek funding using the Sample Language for Requesting Support from Local Businesses.
- Ask your librarian to read a book (or books) from the Healthy Together Suggested Book List for Child Care Programs.

*Community partners can add expertise and extra hands to your **Healthy Together** efforts. Think about how you might include one of the community partners in your plan for the year.*



SAMPLE LANGUAGE FOR REQUESTING

SUPPORT FROM LOCAL BUSINESSES

Keys to a successful letter:

- Be specific!
Determine what you would like funds for and ask for it specifically.
- Consider listing a specific amount.
- Consider asking for a product as opposed to money. Food stores may rather donate healthy snacks instead of money.

Dear _____,

Our child care program is participating in a healthy lifestyle program called Healthy Together which promotes the following message:



**FIVE SERVINGS
OF FRUITS &
VEGGIES**



**TWO HOURS OR
LESS OF
SCREEN TIME**



**ONE HOUR OR
MORE OF BEING
ACTIVE**



**ZERO SUGARY
DRINKS**

Through Healthy Together, we are working hard to create environments, policies, and practices at our program that promote and support healthy lifestyles.

I am writing to request your support in our efforts. While Healthy Together can be implemented at no cost, additional funding allows for enhanced implementation of the program. With additional funding, we could contribute to sustainable change by _____. The total cost is estimated at: \$_____. A donation of any amount is greatly appreciated.

Engaging community leaders is one of our goals as a part of the Healthy Together program. Support from local businesses will enhance our community as a whole. Thank you for considering our request and please contact me at _____ with any questions.

Sincerely,

Examples to fill in the blank with:

- ...purchasing physical activity equipment that would be used as a reward for good behavior.
- ...being able to provide fresh fruits and vegetables as a snack once a month.
- ...supporting a staff wellness development program to all our staff.
- ...improving the food environment by purchasing salad bars, new equipment, etc.
- ...purchasing pedometers for a walking program.



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY EIGHT

PARTNER WITH AND EDUCATE FAMILIES IN ADOPTING
AND MAINTAINING A LIFESTYLE THAT SUPPORTS
HEALTHY EATING AND ACTIVE LIVING



STRATEGY 8: PARTNER WITH AND EDUCATE FAMILIES IN ADOPTING AND MAINTAINING A LIFESTYLE THAT SUPPORTS HEALTHY EATING AND ACTIVE LIVING

WHY DOES IT MATTER?

Parents and caregivers:

- Create an environment for kids that encourages either active or inactive lifestyles.
- Make the choices about what types of foods and meals the family eats.
- Model eating and physical activity behaviors.^{1, 2}

Partnerships with families can ensure that kids receive consistent messages about healthy behaviors. Families can then engage, guide, and motivate kids to eat healthy foods and be active.³

Kids pick up attitudes and behaviors about eating and physical activity from parents and caregivers.^{1, 2}

Parents and caregivers must be involved in promoting healthy lifestyles in order to achieve long-lasting behavior change.¹

References

1. Story M, Kaphingst K, French S. The role of schools in obesity prevention. *Future Child*. 2006;16(1):109-142.
2. Kraak VA, Liverman CT, Koplan JP. Preventing Childhood Obesity: Health in the Balance. National Academies Press; 2005.
3. Centers for Disease Control and Prevention. School health guidelines to promote healthy eating and physical activity. *MMWR. Recommendations and reports: Morbidity and mortality weekly report. Recommendations and reports/Centers for Disease Control*. 2011;60(RR-5):1.



STRATEGY 8: PARTNER WITH AND EDUCATE FAMILIES IN ADOPTING AND MAINTAINING A LIFESTYLE THAT SUPPORTS HEALTHY EATING AND ACTIVE LIVING

HOW TO IMPLEMENT

Partnerships with families promote consistent messaging about healthy lifestyles and can influence the home environment. Here are some ways to bring families into the fold!

TALK IT UP!

Partner with Families:

- Ask parents to be a part of your Healthy Together team.
- Send home the Letter to Families Announcing a New Partnership (found in the "Step 1: Engage" tab of the toolkit).
- Once you are implementing all 5 priority strategies, send home the Healthy Together "Message to Families". (Refer to the Healthy Together Recognition Packet in the "Step 5: Celebrate" Tab for a copy of the "Message to Families.")
- Invite families to participate in healthy eating and active living activities at your program.
- Utilize the skills of parents (e.g., nutritionist, carpenter, artist, etc.) to support your 5-2-1-0 efforts.
- Use bulletin boards and wall space to promote 5-2-1-0 messages.
- Create a 5-2-1-0 League section of your program newsletter.
- Host family wellness events such as:
 - Educational sessions
 - Family cooking classes
- Send home parent handouts such as 5-2-1-0 Every Day!
- Support breastfeeding mothers in reaching their breastfeeding goals.

Each of the 5 priority strategy tabs has more parent handouts to share! Choose the ones you want to send home, and then go to that section to find them:

STRATEGY 1: Limit unhealthy choices for snacks and celebrations; provide healthy choices.

- Healthy Snack Ideas – Letter to Families
- Ideas for Healthy Snacks
- Quick Snacks for Healthy Kids
- Healthy Food for Celebrations – Letter to Families
- Non-Food Celebrations – Letter to Families
- Kids in the Kitchen
- Eat at Least Five Fruits and Vegetables a Day
- Healthy Shopping on a Budget
- Understanding Food Labels
- Carolinas Seasonal Food Guide
- Breakfast is Best
- A Meal is a Family Affair
- Fruits and Vegetables, All Year Long!
- What's a Healthy Portion?
- Tips for a Healthier Diet
- Handling a "Choosy" Eater
- Phrases that HELP and HINDER
- Practicing the Division of Responsibility When Feeding Children
- Pick a Better Fast Food Option



STRATEGY 8: PARTNER WITH AND EDUCATE FAMILIES IN ADOPTING AND MAINTAINING A LIFESTYLE THAT SUPPORTS HEALTHY EATING AND ACTIVE LIVING

HOW TO IMPLEMENT

Partnerships with families promote consistent messaging about healthy lifestyles and can influence the home environment. Here are some ways to bring families into the fold!

**MAKE
HEALTHY
THE
BUZZ
WORD!**

STRATEGY 2: Limit or eliminate sugary drinks; provide water.

- Limit Sugary Drinks Sent in from Home – Letter to Families
- Limit or Eliminate Sugary Drinks; Provide Water
- What Should Young Children Drink?
- Water is Fuel for Your Body
- Is Juice a Healthy Choice or An Occasional Treat?
- How Much Sugar Do You Drink?

STRATEGY 3: Prohibit the use of food as a reward.

- Food Rewards Add Up
- What the Experts Say about Food Rewards
- Non-Food Rewards at Home

STRATEGY 4: Provide opportunities to get physical activity every day.

- Get One Hour or More of Physical Activity Every Day
- Make Physical Play Part of Every Day!
- Take It Outside

STRATEGY 5: Limit recreational screen time.

- Healthy Activities for Vacation
- It's Time to Ditch the Screens! Let's Play!
- Limit Recreational Screen Time to Two Hours or Less
- Promote Healthy Viewing Habits
- Unplugged!
- Screen Time and the Very Young
- National Screen-Free Week
- Tips for Reading to Young Children
- Healthy Sleeping Habits



5-2-1-0 EVERY DAY!

FOLLOW THE 5-2-1-0 WAY TO A HEALTHIER YOU!



FIVE SERVINGS OF FRUITS & VEGGIES

- Aim to eat a wide variety of brightly colored fruits and vegetables.
- Fill half of your plate with fruits and/or vegetables.
- Frozen and canned are just as nutritious as fresh.
- Try new fruits and vegetables to discover what you like!



TWO HOURS OR LESS OF SCREEN TIME

- Keep TV and computer out of the bedroom.
- No screen time under the age of 2.
- Turn off screens during meal time.
- Plan ahead for your screen time instead of just turning it on.



ONE HOUR OR MORE OF BEING ACTIVE

- Take a family walk.
- Turn on the music and dance.
- Use the stairs.
- Choose activities that you enjoy!



ZERO SUGARY DRINKS

- Keep sugary drinks out of the grocery cart.
- Drink water when you are thirsty. It's the #1 thirst quencher!
- Keep a water bottle on hand and fill it up throughout the day.
- Put limits on 100% juice.

For more ideas visit
AtriumHealth.org/HealthyTogether



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY NINE

IMPLEMENT A STAFF WELLNESS PROGRAM
THAT INCLUDES HEALTHY EATING AND ACTIVE LIVING



STRATEGY 9: IMPLEMENT A STAFF WELLNESS PROGRAM THAT INCLUDES HEALTHY EATING AND ACTIVE LIVING

WHY DOES IT MATTER?

Staff who practice *healthy eating and active living* are great role models for kids.^{1, 2}

A staff wellness program can strengthen the healthy eating and active living message that kids are already receiving.

A staff wellness program can encourage staff to *value nutrition and physical activity more highly*, and can increase their commitment to adopting and creating a healthy environment for the children in their care.^{1, 3}

Staff becomes *more comfortable talking* about nutrition and physical activity, and they are more likely to serve healthy options for snacks, at celebrations, and at staff meetings.¹⁻⁴

References

1. Story M, Kaphingst K, French S. The role of schools in obesity prevention. *Future Child*. 2006;16(1):109-142.
2. Centers for Disease Control and Prevention. School health guidelines to promote healthy eating and physical activity. *MMWR. Recommendations and reports: Morbidity and mortality weekly report. Recommendations and reports/Centers for Disease Control*. 2011;60(RR-5):1.
3. Crawford PB, Gosliner W, Strode P, et al. Walking the talk: Fit WIC wellness programs improve self-efficacy in pediatric obesity prevention counseling. *Am. J. Public Health*. 2004;94(9):1480-1485.
4. Gosliner WA, James P, Yancey AK, Ritchie L, Studer N, Crawford PB. Impact of a worksite wellness program on the nutrition and physical activity environment of child care centers. *American Journal of Health Promotion*. 2010;24(3):186-189.



HEALTHY FOOD AND BEVERAGE GUIDELINES FOR MEETINGS AND CELEBRATIONS

THINK TWICE BEFORE PROVIDING FOOD

Hosting a meeting or celebration? Thinking about providing food and beverages?

Follow these guidelines to promote healthy, nourished employees!

GUIDELINES:

WATER – Provide pitchers with cold, fresh water and cups, or bottled water.

MEALTIMES – Food doesn't need to be provided at every meeting, especially at meetings less than one hour.

- Notify meeting attendees ahead of time if food will be provided.
- If possible, avoid holding meetings during lunch. Lunch may be the best time for employees to get movement into their workday.

MEETING TIME	CONSIDER PROVIDING	ALWAYS PROVIDE
7 a.m. - 8 a.m.	Light Breakfast, Coffees, Teas	Water
9 a.m. - 11:30 a.m.	Healthy Snacks	Water
11 a.m. - 12:30 a.m.	Light Lunch	Water
12 p.m. - 4 p.m.	Healthy Snacks	Water

Healthy beverages:

Provide fresh cold water, low-fat milk, coffee, tea, or 100% juice. Soda is not a healthy option.

A healthy breakfast includes:

- Fruit (whole or cut up).
- Whole grains such as whole grain bagels, muffins, granola or oatmeal. You must specifically request whole grain bagels or muffins from your caterer. Ask for 'mini' versions.
- Protein – eggs (hard boiled or egg sandwich if it's a grab and go breakfast), peanut butter for bagels, yogurt, smoothies made with yogurt or protein powder, or protein bars.

A healthy lunch includes:

- Fruit (whole or cut up).
- Vegetables (salad, crudité, soup, hot or cold vegetable sides).
- Whole grains such as sandwich bread, couscous, tabouli, quinoa, crackers. You must specifically request whole grain items from your caterer.

- Entrées – Sandwiches (e.g., turkey, chicken, hummus, portabello mushroom), salads (e.g., chicken caesar salad, chef salad), vegetable pizza with low-fat cheese on whole grain crust.

A healthy snack may be:

Trail mix, pretzels, baked chips, veggie platter, fruit (whole or cut up), peanut butter and whole-grain crackers, yogurt, or popcorn.

Healthy food tips:

- Serve whole grains, fruits, and vegetables whenever possible.
- Serve small portions – cut items in half or quarters.
- Dessert doesn't have to be heavy – fresh fruit, fruit crisp, or small cookies are excellent choices. No dessert is also an option!
- Include a vegetarian option at all meals.
- Identify food items with signage.
- Serve salad dressing on the side.



ACTIVE MEETING GUIDELINES

MOVEMENT DURING A MEETING – standing, stretching or participating in a movement break increases meeting participation and attention span, which can mean a more productive meeting. Healthy Together encourages movement in all meetings. Everyone will benefit from increased movement, no matter how brief. To increase movement during your meetings, follow these basic guidelines.

Guidelines for meeting leaders:

- At the beginning of every meeting let participants know it's okay to stand up and move during the meeting or to ask for a movement break.
- Provide one to two movement breaks each hour (self-directed or structured).
- Include breaks on the agenda.
- Always allow for participants to opt out of the activity.
- Movement breaks may be self-directed, led by the meeting facilitator, or video routines may be viewed on a website.

Guidelines for meeting participants:

- Movement is always optional.
- Feel free to stand up in the back of the room.
- Move only in ways you feel comfortable.
- Assess space and clearance to avoid injury.
- Individuals with acute or chronic conditions, or other concerns about their health, should check with their provider before beginning any new physical activity.

Keep it going!

- When the energy is waning, ask everyone to stand up, take a deep breath, lift their arms over their head to reach to the ceiling, lower their arms and sit back down.
- If your discussion stalls, take a two-minute stretch break.
- Movement breaks can be as quick as two minutes, so no matter how long your meeting is, you can fit one into the agenda!



PROVIDE AND PROMOTE

SAFE WALKING ROUTES

GET MOVING!

Make it easier for employees to fit more movement into their day by providing and promoting walking routes at or near the workplace.

Find safe areas to walk

Safe areas could include non-congested indoor hallways, around the edges of the employee parking lot, a nearby town park or walking path, or sidewalks through a nearby neighborhood.

Get approval

Remember to check with the building owner or property management before installing signage or marking distances.

Measure distance of walking routes (optional)

For routes on your organization's property, mark or post distances. Use an app such as Walk Watch or RunKeeper or ask to borrow a measuring wheel from your local recreation department or police department.

Promote walking options

Install signage along paths to direct walkers and show them the distance they have walked. Provide laminated walking maps in conference rooms so meeting attendees know where they can take a walk during a movement break. Recruit champions (including department and senior management and wellness committee members) to lead by example by taking walks and leading walking meetings. (See Active Meeting Guidelines.)

Provide time for walks

Allow and encourage staff to take walking breaks.



HEALTHY ROLE MODEL

**CHILDREN
ARE
WATCHING
YOU!**

What you do makes a difference!

Research shows that kids learn by watching those around them. They learn about eating habits, attitudes toward food, how they should feel about their bodies, and how to be physically active (or inactive).

As an important adult in a child's life, there are things you can do to help them learn healthy habits. Even small changes will make a big difference to the kids around you!

Be a healthy role model:

- Eat healthy foods.
- Limiting the use of handheld devices.
- Use your free time to get physical activity.
- Drink water.
- Put any beverage that isn't water in an unmarked opaque container.



SUCCESSSES WITHOUT FOOD

*Show the kids how you
can celebrate success
without food!*

Here are some non-food ideas to get you started:

- Select a staff member of the month. Recognize them with a certificate and public announcement.
- Award gift certificates (e.g., for a car wash, movie tickets, to a bookstore, to a clothing store, to a spa, etc.).
 - Activities that promote health are especially good (e.g., a massage, day pass to a gym, cooking classes, etc.).
- Allow casual dress days.
- Award passes to a local, state, or national park.
- Award sporting tickets.
- Give them flowers.
- Write a personal thank you note.
- Offer to swap a task or cover a task for the day or week.
- Allow them a special parking space for a week.



STEP THREE

IMPLEMENT ACTION PLAN

STRATEGY TEN

COLLABORATE WITH FOOD AND NUTRITION
PROGRAMS TO OFFER HEALTHY FOOD AND
BEVERAGE OPTIONS



STRATEGY 10: COLLABORATE WITH FOOD AND NUTRITION PROGRAMS TO OFFER HEALTHY FOOD AND BEVERAGE OPTIONS

WHY DOES IT MATTER?

Food and nutrition programs are essential partners in the mission to promote healthy eating.

Collaboration with food and nutrition programs provides guidance and expertise around nutritious meals and snacks.¹⁻³

Food and nutrition programs can reinforce positive nutrition messages by hosting educational food activities such as Eat Your Way through the Rainbow, March through the ABCs, taste testing, and kitchen tours.¹⁻³

Collaboration can help incorporate nutrition education into the curriculum.¹⁻³

References

1. Ritchie LD, Boyle M, Chandran K, et al. Participation in the Child and Adult Care Food Program is associated with more nutritious foods and beverages in child care. *Childhood Obesity*. 2012;8(3):224-229.
2. O'toole TP, Anderson S, Miller C, Guthrie J. Nutrition services and foods and beverages available at school: results from the School Health Policies and Programs Study 2006. *J. Sch. Health*. 2007;77(8):500-521.
3. USDA Food and Nutrition Service. Child and Adult Care Food Program (CACFP). <http://www.fns.usda.gov/cacfp/nutrition-and-nutrition-education>. Accessed April 22, 2015.



STRATEGY 10: COLLABORATE WITH FOOD AND NUTRITION PROGRAMS TO OFFER HEALTHY FOOD AND BEVERAGE OPTIONS

HOW TO IMPLEMENT

Working to increase healthy eating? Don't go it alone! Bring your school nutrition program into the mix. Here are some ideas to consider.

Staff who practice healthy eating and active living are great role models for kids. Help keep staff healthy by using the following tips.

Follow a healthy meal and snack pattern. Recommended patterns include:

- Child and Adult Care Food Program
- MyPlate
- Harvard School of Public Health Healthy Eating Plate

Encourage staff wellness:

- Follow the Healthy Food and Beverage Guidelines for Meetings and Occasions.
- Incorporate movement breaks into meetings using the Active Meeting Guidelines.
- Provide and Promote Safe Walking Routes.
- Remove junk food from staff areas.
- Use walking meetings.
- Be a Healthy Role Model.
- Provide opportunities for staff to learn about healthy eating and active living.
- Role Model by Celebrating Staff Successes Without Food



THE CHILD AND ADULT CARE FOOD PROGRAM (CACFP)

CAN HELP YOU FEED HEALTHY MEALS TO CHILDREN!

Learn more about
CACFP

USDA website:

[fns.usda.gov/cacfp/
child-and-adult-care-
food-program](https://fns.usda.gov/cacfp/child-and-adult-care-food-program)

What is CACFP?

The Child and Adult Care Food Program offers child care providers the tools to provide healthy meals and nutrition education to children in their care.

Providers receive financial reimbursement for healthy meals (defined by the USDA) served to children.

This program is funded by the United States Department of Agriculture (USDA).

What are the benefits?

State and local sponsoring agencies support care providers in a variety of ways. Examples include:

- Reimbursement for nutritious meals
- On-site support, information, and training
- Suggestions for healthy meals and snacks and physical activity

Who can qualify?

CACFP is available through the State agency for:

- Nonprofit Child Care Centers
- Some eligible For-Profit Centers
- At-Risk Afterschool Care Centers
- Outside School Hours Care Centers
- Adult Day Care Centers
- Emergency Shelters

CACFP is available through local sponsors to Licensed Day Care Homes and some Legal Unlicensed Homes.

What is expected of providers?

- Help children develop life-long healthy eating habits
- Serve nutritious meals as defined by the USDA
- Provide a safe and healthy environment for children in your care.
- Meet State or home-sponsor enrollment and record keeping requirements.
- Comply with Staff/child ratios as defined by DHHS Licensing.

The Child and Adult Care Food Program (CACFP) can help you pay for the cost of nutritious meals and snacks for children in your care.



MYPLATE

For more information about MyPlate and other healthy tips, visit ChooseMyPlate.gov

**A COLORFUL
PLATE
IS A
NUTRITIOUS
PLATE!**

Try using the MyPlate meal pattern as a guide for creating healthy, balanced meals and snacks—whether served on a plate or packed in a lunch box.

- Make at least half your grains whole grains
- Vary your veggies
- Focus on fruit
- Get your calcium-rich foods
- Go lean with protein

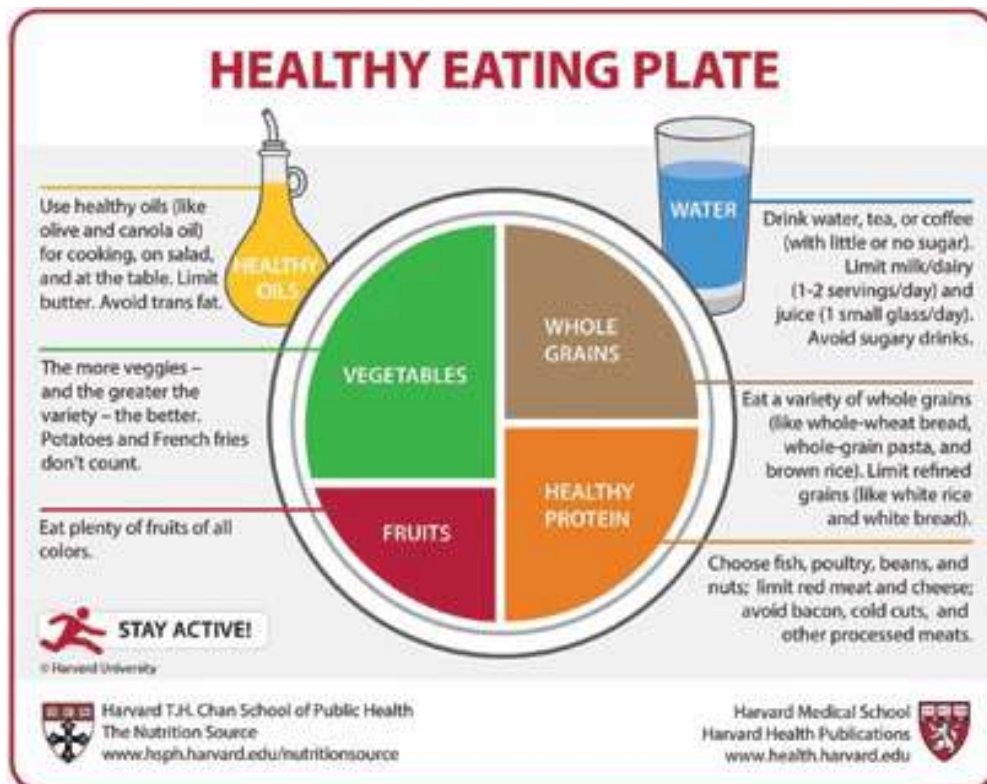


HEALTHY EATING PLATE

Try using The Healthy Eating Plate as a guide for creating healthy, balanced meals and snacks—whether served on a plate or packed in a lunch box.

- Make most of your meal vegetables and fruits – 1/2 of your plate
- Go for whole grains – 1/4 of your plate
- Don't skip the protein – 1/4 of your plate
- Healthy plant oils – in moderation
- Drink water, coffee, or tea
- Stay active

For more information about The Healthy Eating Plate visit hsph.harvard.edu/nutrition-source.



Copyright © 2011, Harvard University. For more information about The Healthy Eating Plate, please see The Nutrition Source, Department of Nutrition, Harvard School of Public Health, thenutritionsource.org, and Harvard Health Publications, health.harvard.edu.



BREASTFEEDING FAMILIES

Child care providers play a critical role in helping mothers achieve their breastfeeding goals. Take some time to closely review the strategies and documents in this section to understand how you can best support mom and baby in successfully breastfeeding.

- Implement the practices outlined in *Are You Interested in Becoming a More Breastfeeding-Friendly Child Care Program?*
- Understand the benefits of breastfeeding for mother, child, and your child care program using *The Basics of Breastfeeding Support*.
- Let families know your child care program supports breastfeeding by posting the *Breastfeeding Welcome Here* sign.
- Understand how to best care for breastfed babies using the *Caregiver's Guide to the Breastfed Baby*.
- Ensure quality and safety of breastmilk by posting and sharing with families *Safely Storing Breast Milk*.
- Create a policy that supports breastfeeding moms using the *Sample Breastfeeding Policy for Child Care Programs*.

*Feeding a breastfed baby is very different than feeding a formula-fed baby. Be sure and read *The Caregiver's Guide to the Breastfed Baby* to learn more.*



ARE YOU INTERESTED IN BECOMING A MORE

BREASTFEEDING-FRIENDLY CHILD CARE PROGRAM?

If so, then **Healthy Together** encourages you to focus on:

- Providing mothers' pumped breast milk to their babies.
- Accommodating mothers who want to nurse.
- Supporting mothers' decisions around infant feeding.

Here is how to do this:

Create a Breastfeeding-Friendly Environment:

- Provide a designated area for mothers to breastfeed (other than a bathroom) that is private and sanitary. All you need is:
 - o A relaxing chair
 - o A small table for her pump and bottle supplies
 - o An electrical outlet (for electric breast pumps)
 - o A privacy barrier (a door, curtain, or room divider)

TIP: If you're short on space, consider converting an unused corner or closet into a breastfeeding/pumping station that's clean, private, and comfortable.

- Dedicate some refrigerator and freezer space for storage of expressed breast milk.
- Have learning and play materials available for children that normalize breastfeeding. Check out the "Healthy Together Suggested Book List" in the 'Resources' tab for book suggestions.

continued



ARE YOU INTERESTED IN BECOMING A MORE

BREASTFEEDING-FRIENDLY CHILD CARE PROGRAM?

For more information
and resources

- KellyMom.com
Evidence-based
breastfeeding and
pumping information
including many free
handouts; also has
an active Facebook
page where moms
can connect.

- Post, regularly update, and use a feeding and health plan that is filled out by a parent/guardian and/or healthcare provider.
- Display culturally appropriate breastfeeding support materials.

Consider these:

- o Your Guide to Breastfeeding. A magazine-like booklet with a variety of tips and information for the nursing room. Download and print for free at US DHHS Office of Women's Health: womenshealth.gov/publications/our-publications/breastfeeding-guide/index.html
- o 101 Reasons to Breastfeed Your Child. Download and print for free at notmilk.com/101.html

Provide Breastfeeding Education:

- Offer an annual training to providers on age-appropriate infant feeding practices (such as safe storage and handling of human milk) and on promoting and supporting breastfeeding (including exclusive breastfeeding).
 - o Our partners at Lets Go! Maine have an online training module on supporting breastfeeding, check it out on their Early Childhood Trainings Page at letsgo.org/online-trainings.
 - o Reach out to your local hospital's Lactation Consultants, and your local WIC for training opportunities.
- Instruct breastfeeding families on how to properly label and store human milk for use in the child care facility.
 - o Share the Safely Storing Breast Milk handout found in this tab of your toolkit with breastfeeding families.

Implement a Breastfeeding-Friendly Policy:

- Implement a written and explicit policy for promoting and supporting breastfeeding families. Share the policy with expectant mothers, families with infants, and visitors.
 - o See the Sample Breastfeeding-Friendly Policy language in this tab of your toolkit.

Adapted from resources compiled by the 2012 Maine Breastfeeding Stakeholder Workgroup



BREASTFEEDING SUPPORT

The American Academy of Pediatrics recommends 6 months of exclusive breastfeeding and a diet consisting primarily of breast milk until at least age one.

Studies show this provides decreased incidence of:

- Ear infection
 - Allergies
 - Celiac disease
 - Childhood leukemia
 - Sudden infant death syndrome
 - Respiratory infection Eczema
 - Type I diabetes
 - Childhood lymphoma
 - Necrotizing enterocolitis
 - Asthma
 - Inflammatory bowel
 - Type II diabetes
 - Obesity
- Recent national survey shows that while 75% of mothers initiate breastfeeding, only 13% meet these recommendations. Breastfeeding rates were the lowest in non-Hispanic black mothers and low-income families.
 - Mothers experience benefits, too – with lower incidence of postpartum depression, type II diabetes, rheumatoid arthritis, high blood pressure, high cholesterol, heart disease, and breast and ovarian cancer.¹
 - If mothers were supported in meeting these recommendations, there would be a national savings of \$13 billion per year.²
 - Breastfed babies are easier to provide care for. Your children will be sick less often with a greater defense against contagious, fatal, and chronic disease. They are less likely to spit up, have constipation and diarrhea issues, and have less dirty diapers with less odor.
 - Your child care service will be more marketable and will perform better in nutrition and health assessments.³

Business Case for Breastfeeding

The benefits of breastfeeding don't stop with mother and child. Helping your employer to better understand the advantages to supporting nursing mothers can help ease the transition back to work and increase the likelihood of success for meeting breastfeeding goals. It can also save them \$3 for every \$1 invested.^{1,8,16,19}

- Two simple actions have been found to be extremely cost-effective for worksites with nursing mothers:
- Providing dedicated space for nursing mothers (as small as 4'x5')
- Providing worksite lactation support



BREASTFEEDING SUPPORT

Copies can be obtained from the HRSA Information Center (1-888-ASK-HRSA)

FOR DETAILS:
womenshealth.gov/breastfeeding/government-in-action/business-case-for-breastfeeding/

FOR MORE INFORMATION:
usbreastfeeding.org/Portals/0/Publications/Workplace-2002-USBC.pdf

- Breastfeeding parents are less likely to miss work due to child illness. *"One-day absences to care for sick children occur more than twice as often for mothers of formula feeding infants."*^{16,20}
- Breastfeeding support in the workplace means lower healthcare costs. *"One study found that for every 1,000 babies not breastfed, there were 2,033 extra physician visits, 212 extra hospitalization days, and 609 extra prescriptions for three illnesses alone – ear, respiratory, and gastrointestinal infection."*^{16,21}
"The Insurance company CIGNA conducted a 2-year study of 343 employees who participated in their lactation support program, and found that the program resulted in an annual savings of \$240,000 in health care expenses, 62 percent fewer prescriptions, and \$60,000 savings in reduced absenteeism rates."^{16,22}
- Lower turnover rates, higher productivity and a greater loyalty. *"Being able to keep experienced employees after childbirth means lowering or eliminating the costs a company otherwise would incur to hire temporary staff or to recruit, hire, and train replacement staff, both of which involve additional lost revenue."*¹⁶
"83 percent of employees were more positive about the company as a result of the program, and 67 percent intended to make it their long-term employer."^{16,23}

Handout taken from the "2013 Midcoast Public Health CTG Breastfeeding resource toolkit for early child care and education centers."





**BREASTFEEDING
WELCOME HERE**



CAREGIVER'S GUIDE TO THE **BREASTFED BABY**

By Anne Smith, IBCCC breastfeedingbasics.com

There may be times when, for a variety of reasons, nursing mothers need or want to leave their nursing baby with a caregiver.

This may be a 'once only' event, or a regular daily arrangement.

The information is intended as a guide for the caregiver of a breastfed baby, so she/ he can better understand how to care for the baby and the expressed breast milk (EBM) left for the baby's use.

The AAP (American Academy of Pediatrics) recommends that for optimal nutrition, babies be exclusively breastfed for at least the first six months. This means no supplemental water, formula, or solid foods. Always check with the baby's mother before offering ANY food other than her breastmilk.

HUMAN MILK does not look like formula or cow's milk. It may be a different color or consistency, and it is normal for it to be bluish, greenish, or even brownish in color.

FROZEN MILK, or milk expressed during the early days of nursing (which still contains colostrum) may look yellowish.

- Because human milk is not homogenized, it will naturally separate into layers of milk and cream. This is normal, and does not mean the milk is spoiled. If the milk separates, heat and swirl it gently to mix.
- Several batches of EBM (expressed breast milk) pumped at different times may be mixed and/or stored together to make enough for one feeding. A mother's EBM should only be used for her baby. Milk from different mothers should not be pooled.
- Because a baby digests and uses human milk so completely, less breast milk than formula may be needed at a feeding. There is no way to predict exactly how much milk a baby will need at each feeding, but you will soon learn how much milk the baby usually takes. In exclusively breastfed babies, milk intake increases quickly during the first few weeks of life, then stays about the same between one and six months – though it is likely to periodically increase during growth spurts. During the first six months, most babies will take in about the same amount of milk: around 25 ounces in 24 hours. It's a good idea to have some 12 ounce portions available for snack feedings.
- At some point after 6 months, depending in how much of his nourishment comes from solid foods and how often he nurses, the baby's milk intake will gradually decline as his nutrient intake from other sources increases.
- Until you get a feel for how much the baby will consistently take at each feeding, offer small amounts of EBM at a time. If the baby is not very hungry, you will not then have to waste large quantities of milk. If he needs more, prepare another smaller amount.

continued



CAREGIVER'S GUIDE TO THE **BREASTFED BABY**

By Anne Smith, IBCCC breastfeedingbasics.com

- You should be aware that a breastfed baby may not be on the same feeding schedule as a formula fed baby. Breast milk is digested quickly, and the baby may need to feed more frequently. Also, many nursing babies are used to nursing for comfort as well as nutrition, and may need extra cuddling and rocking, especially at nap time. Be flexible, and as you spend time with the baby you will get to know his own unique schedule, and you will be able to comfort him in your own way.
- Breastfed baby's bowel movements are looser than formula fed infants, and may be more frequent (especially in the early weeks). It is not unusual for a newborn nursing baby to have a loose stool every time he feeds, but this is not diarrhea (unless accompanied by fever, lethargy, vomiting, or other symptoms of illness). In breastfed babies older than 6 weeks, it is not unusual for babies to go several days without stooling. In a totally breastfed infant, this is not considered constipation. Constipation consists of hard, dry stools that are painful to pass. An older nursing baby may not stool every day, but the stool will be loose and plentiful when he does pass it. Totally breastfed baby's stools are usually mustard yellow and seedy, but may also be yellow green or brownish. They are much milder smelling than a formula fed baby's stools.

Thawing and Heating

- To thaw frozen EBM, it is best to leave it in the refrigerator for about 12 hours. If you need to thaw it quickly, hold the container of milk under cool running water, and gradually add warmer water until the milk is thawed and heated to room temperature, gently swirling to mix in the fat.
- To heat refrigerated EBM, put the container of milk in a pan of warm (not hot) water just until the chill is off. Many babies don't mind if the milk is cold, and serving it right out of the refrigerator is not harmful. Run the nipple under warm water, though, as most babies don't like the feel of a cold nipple.
- NEVER thaw or heat EBM in a microwave. This can destroy valuable nutrients, and can also create dangerous 'hot spots' that can burn the baby's mouth, even though the bottle may feel cool to the touch. For the same reasons, do not boil or overheat EBM.
- Use thawed EBM within 24 hours.
- EBM that has been refrigerated but not frozen will keep for up to 8 days in a refrigerator. Human milk that is properly stored is not spoiled, unless it smells sour or tastes bad.

Encouraging Baby to Feed

Many breastfed babies are reluctant to take a bottle at first. A hard rubber nipple feels and tastes very different from soft skin. Babies may refuse to take a bottle from their mother since they associate her with nursing, but will take it more readily from a caregiver, especially if the mother is not in the room. Most babies adjust more easily if they get to know their caregiver gradually, so it may be helpful to try a program of visits and short stays (that include a feeding time) before baby is left for longer periods.

continued



CAREGIVER'S GUIDE TO THE **BREASTFED BABY**

By Anne Smith, IBCCC breastfeedingbasics.com

Tips to Get the Baby to Take a Bottle

- Offer the bottle before the baby gets frantically hungry.
- Offer the bottle in a position other than the traditional cradle hold – many babies associate this position with nursing. It sometimes works well to sit the baby in an infant seat or prop him on your knees while offering the bottle.
- Wrap the baby in a piece of the mother's clothing while offering the bottle.
- Tickle the baby's mouth gently with the bottle nipple and let him draw it in himself, rather than pushing it in. Run warm water over the nipple before offering it.
- Try different types of nipples to find a shape and flow rate that the baby will accept.
- Try moving rhythmically – rocking, walking, or swaying from side to side while offering the bottle. If the baby will absolutely not take the bottle, he can be fed EBM by other methods, such as cup, spoon, syringe, or dropper. With a little time and patience, he will usually learn to accept the bottle.

When the Mother Will Be Returning Soon

If the baby becomes unsettled, try rocking and talking to him rather than feeding him. Offer a pacifier if he is used to using it, and the mother approves. When the mother returns, she will probably want to feed him as soon as possible for practical reasons – her own comfort, closeness with her baby, and to stimulate her milk supply. If you can't get him settled, offer a small amount of EBM. If no milk is available, offer a small amount of boiled water. The mother should be consulted before any other liquids are offered to her baby. If the baby is old enough to eat solid foods, you may be able to offer something that has been tolerated previously. Always check this with the mother first.

Your Relationship With the Baby's Mother

You can be an enormous help to the baby's mother in supporting her efforts to provide breast milk for her baby. Mothers choose to provide EBM for their infants when they have to be separated from them because they want the very best for their babies. Making the decision to leave breast milk rather than formula, and to continue the nursing relationship even after returning to work or school requires a great deal of commitment on the mother's part. Your encouragement and support can make all the difference, especially if the mother arranges to come to your home or day care center to feed her baby.

There are times when a baby may go through periods of appetite increase. These "growth spurts" often occur at about 3 weeks, 6 weeks, 3 months, and 6 months. If you let the mother know, she will then try to express more milk. Sometimes it takes a few days for her supply to catch up. If the mother knows you support her efforts to provide breast milk for her baby, you will be contributing in a very positive way to helping her continue to nurse.

Remember: Breastmilk is the perfect food for babies!



SAFELY STORING

BREAST MILK

FRESHLY EXPRESSED MILK	TEMPERATURE	STORAGE TIME	COMMENTS
Room Temperature	Up to 77° F or 25° C	6-8 hours	Containers should be covered and kept as cool as possible; covering the container with a cool towel may keep milk cooler.
Insulated cooler/icepacks	5-39° F or 4°C	24 hours	Keep ice packs in contact with milk containers at all times, limit opening cooler bag.
REFRIGERATED MILK	TEMPERATURE	STORAGE TIME	COMMENTS
Refrigerator (fresh milk)	39° F or 4°C	5 days	Store milk in the back of the main body of the refrigerator.
FROZEN MILK	TEMPERATURE	STORAGE TIME	COMMENTS
Freezer compartment inside the refrigerator	5° F or -15°C	2 weeks	Store milk towards the back of the freezer, where temperature is most constant. Milk stored for longer durations in the ranges listed is safe, but some of the lipids in the milk undergo degradation resulting in lower quality.
Freezer compartment of a refrigerator (separate doors)	0° F or -18°C	3-6 months	
Chest or upright deep freezer	4° F or -20°C	6-12 months	

Safely Preparing and Storing Expressed Breast Milk:

- Wash hands before expressing or handling breast milk.
- Store milk in clean containers, such as screw cap bottles, hard plastic cups with tight caps, or heavy-duty bags that lift directly into nursery bottles. Avoid using ordinary plastic storage bags or formula bottle bags, as these could easily leak or spill.
- Clearly label the breast milk container with the child's name and date
- Do not add fresh milk to already frozen milk within a storage container.
- Do not save milk from a used bottle for use at another feeding.

A Helpful Tip To avoid waste and for easier thawing and warming, store milk in 1-4 ounce portions!

Thawing Breast Milk:

- Thaw breast milk by transferring it to the refrigerator for thawing or by swirling in the bag or bottle in a bowl of warm water.
- Avoid using the microwave oven to thaw or heat bottles of breast milk
 - o Bottles may explode if left in the microwave too long.
 - o Excess heat can destroy the nutrient quality of the expressed milk.
 - o Microwaving can create "hotspots" that burn the child's tongue.



Reference: CDC. Proper Handling and Storage of Human Milk.
cdc.gov/breastfeeding/recommendations/handling_breastmilk.htm.
 Updated March 4, 2010. Accessed July 11, 2013.

SAMPLE BREASTFEEDING POLICY

Because breastfeeding has been shown to be the ideal form of infant nutrition, providing a multitude of health benefits to both infant and mother, and because breastfeeding mothers need ongoing support from child care providers to provide their milk for their babies, (name of the program) adheres to the following policy.

- Breastfeeding mothers shall be provided a private and sanitary place to breastfeed or express their milk. This area provides (list amenities you are able to provide; e.g. an electrical outlet, comfortable chair, nearby access to running water, etc.).
- Refrigerator/Freezer space will be made available for storage of expressed breast milk. Mothers should provide their own containers, clearly labeled with the name and date. (Name of the program) will follow guidelines from the American Academy of Pediatrics and Centers for Disease Control in ensuring that breast milk is properly treated to avoid waste.
- Sensitivity will be shown to breastfeeding mothers and their babies by providing mothers opportunities to breastfeed their baby and holding off giving a bottle to babies, if possible, when mom is due to arrive at the child care program. Artificial baby milks (formula) and solid foods will not be provided without first checking with the mother. Babies will be held closely when feeding and bottles will never be propped.
- The program owner/director and all employees shall be trained in proper storage and handling of human milk.
- This policy will be communicated with all employees, expectant mothers, families, and visitors. (Name of the program) will include information about being breastfeeding-friendly in the information packet provided to prospective families.

Breastfeeding employees of this child care program shall be offered the same provisions as mothers of enrolled children. Employees will be provided flexible breaks to accommodate breastfeeding or milk expression. The time allowed would not exceed the normal time allowed for lunch and breaks. For time above and beyond normal lunch and breaks, sick/annual leave must be used, or the employee can come in a little earlier or leave a little late to make up the time.



STEP FOUR

COMPLETE SURVEY



WE WANT TO HEAR FROM YOU

THE HEALTHY TOGETHER SURVEY

Remember, the survey needs to be completed every year!

We know you are busy, so we keep the survey as short and quick as possible.

We thank you in advance for filling it out on behalf of your site each year.

Every year, *Healthy Together* surveys our registered sites to measure progress on the *Healthy Together* 10 Strategies for Success. In the spring, you will receive an invitation to complete the survey online. If you have limited access to a computer, paper surveys are available by request from your *Healthy Together* System Coordinator.

The survey is important in many ways.
By completing the survey,

- You are fulfilling your commitment to *Healthy Together* – thank you!
- Your site becomes eligible for recognition as a *Healthy Together* Site of Distinction.
- Your answers help inform new materials and trainings.
- You paint the picture of how sites like yours across the state support healthy eating and active living.
- You help build evidence to support *Healthy Together*, which in turn helps us secure funding so we can continue to expand and innovate.
- Completing this survey allows your program to continue as a *Healthy Together* partner for the following year.

Tips for Survey Success:

- Review your Action Planning Packet. The questions on the survey are the same as the questions in the packet!
- Talk with your team members to be sure you are aware of everything going on at your site around healthy eating and active living.
- If you don't know the answer to a question, ask others at your site.



HEALTHY TOGETHER

EVALUATION FRAMEWORK

Healthy Together includes a comprehensive evaluation plan to track program performance and measure impact.

Healthy Together's theory of change is based on a social ecological framework of behavior change – that people's behaviors are influenced by many factors including family, friends, local surroundings, built environment, and community.

In order to bring about behavior change, the supporting environments and policies must be changed to make it easier for people in those environments to make the healthy choice.

The following evaluation activities provide evidence of progress and help inform decision making at *Healthy Together*:

1. Implementation of program strategies

Healthy Together surveys sites and relies on self-reported information to track the implementation of *Healthy Together's* environmental and policy strategies for increasing healthy eating and active living.

- Child care programs, schools, and out-of-school programs are measured on their implementation of *Healthy Together's* 10 Strategies for Success.

This is where you come in!

Please be sure to complete the *Healthy Together* Survey every spring!

2. Changes in awareness

Healthy Together creates awareness of the 5-2-1-0 message throughout the year at community events, website content and information provided to parents.

3. Changes in behaviors

Healthy Together measures changes in families' health-related knowledge, attitudes and behaviors through program surveys.

4. Changes in weight status

Healthy Together uses multiple sources to track the prevalence of overweight and obesity:

- Centers for Disease Control and Prevention (CDC), Robert Wood Johnson Foundation (RWJF), Eat Smart Move More NC, and local health department data are used to track the prevalence of overweight and obesity for youth ages 2-18.
- Healthcare patient data are used to track the prevalence of overweight and obesity for children and adolescents. Data are based on measured heights and weights.



STEP FIVE

CELEBRATE



CELEBRATE

ALL OF YOUR SUCCESSES

Remember, even small steps are a step in the right direction. Just talking with someone about the 5-2-1-0 message and what you are doing in your program is something to celebrate!

How many successes can you recognize and celebrate this year?

At Healthy Together, we believe in celebrating every step you take, big or small, towards increased healthy eating and active living. Significant change is usually the result of many smaller changes. There is no need to wait until a goal is fully achieved before recognizing and celebrating progress.

Maybe you haven't been able to fully eliminate food rewards, but you have made the switch from using sweets as a reward to using healthy foods. What should you do? Recognize and celebrate your progress, and then keep on going!

Maybe you haven't been able to put limits on juice, but you have been able to completely eliminate other sugary drinks, even during special celebrations. What should you do? Celebrate your progress, and then keep on going!

Healthy Together has a formal recognition program that is outlined in the Recognition Packet, but we know it takes a lot of work to even make it to the Bronze level. We think your site is awesome regardless of formal recognition, so keep up the great work!



HEALTHY TOGETHER

RECOGNITION PACKET FOR CHILD CARE PROGRAMS

Healthy Together is a nationally recognized program that promotes evidence-based strategies to increase healthy eating and active living among children through the age of 18.



**FIVE SERVINGS OF
FRUITS & VEGGIES**



**TWO HOURS OR
LESS OF SCREEN TIME**



**ONE HOUR OR MORE
OF BEING ACTIVE**



ZERO SUGARY DRINKS



HEALTHY TOGETHER RECOGNITION PROGRAM

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HEALTHY TOGETHER RECOGNITION PROGRAM

The *Healthy Together* Recognition Program celebrates schools, child care programs, and out-of-school programs that have made improvements in their environments related to healthy eating and physical activity.

The *Healthy Together* Recognition Program is designed to:

- Celebrate successful changes that make the healthy choice the easy choice.
- Provide consistent, statewide standards for being a *Healthy Together* Recognized Site.
- Move sites towards lasting change.

Each recognition level has a theme:

BRONZE = Implementation

The Bronze Level is all about making changes in your daily practices and environment. This is done by implementing the 5 priority strategies.

- This is the first step to supporting healthy behaviors.
- This makes it easy and natural for kids to make healthy choices.

SILVER = Communication

The Silver Level is about communicating with families. As you change your daily practices and environment, it is important to make families aware of the changes. When you bring families into the conversation:

- It allows them to be advocates.
- It encourages them to role model the same practices at home.
- It increases accountability.

GOLD = Policy

The Gold Level is about putting the changes you have made into policy. This helps to ensure that your environment remains a healthy place through the years, as new kids enter your care and existing staff move on. Setting a clear Wellness Policy around practices that support healthy behaviors can help you:

- Make sure all staff and parents understand the expectations around health and wellness.
- Provide a set of consistent guidelines for staff to refer to.
- Ensure children are provided a healthy environment.



Tip: Keep parents in the loop! As you make changes to practices, environments, and policies, make sure to communicate them clearly to parents.

HEALTHY TOGETHER RECOGNITION PROGRAM

KEY POINTS

Regardless of recognition status, all *Healthy Together* registered sites are taking part in a community-wide movement to increase healthy eating and physical activity for children. Each site should be celebrating their successes!

Quick Notes:

- Recognition is determined on a yearly basis.
- Sites must complete the *Healthy Together* Survey each spring to be eligible for recognition.
- Prepare for the survey by reviewing the strategy questions in the *Healthy Together* Action Planning Packet with other staff at your site. The strategy questions are very similar to the questions in the survey.
- Completion of the *Healthy Together* Survey allows *Healthy Together* to monitor statewide improvements in healthy eating and physical activity environments for children. Thank you in advance for taking the survey!

Recognized sites are publicly acknowledged on AtriumHealth.org/HealthyTogether. Sites also receive a framed *Healthy Together* Certificate of Recognition.



HEALTHY TOGETHER RECOGNITION PROGRAM LEVELS

Healthy Together recognizes three levels of change for schools, child care programs, and out-of-school programs. Each level must be completed entirely to reach the next level.

<p>BRONZE</p> <p>Implementation</p>	<p>A site implements all five <i>Healthy Together</i> priority strategies:</p> <ol style="list-style-type: none"> 1. Limit unhealthy choices for snacks and celebrations; provide healthy choices. 2. Limit or eliminate sugary drinks; provide water. 3. Prohibit the use of food as a reward. 4. Provide opportunities to get physical activity every day. 5. Limit recreational screen time.
<p>SILVER</p> <p>Communication</p>	<p>Achievement of Bronze, PLUS:</p> <p>A site communicates with families about 5-2-1-0 and the five <i>Healthy Together</i> strategies in each of the following three ways:</p> <ol style="list-style-type: none"> 1. Display 5-2-1-0 posters. 2. Send home the "Message to Families." 3. Use the "Message to Families" in one additional way.
<p>GOLD</p> <p>Policy</p>	<p>Achievement of Silver, PLUS:</p> <p>SCHOOLS:</p> <p>A school has a staff member on their district wellness committee OR has adopted the five <i>Healthy Together</i> priority strategies into policy.</p> <p>CHILD CARE and OUT-OF-SCHOOL PROGRAMS:</p> <p>A child care/out-of-school program has adopted the five <i>Healthy Together</i> priority strategies into policy using the policy addendum or policy checklist.</p>



BRONZE LEVEL

IMPLEMENTATION

To achieve BRONZE level recognition, a child care program must be implementing all five *Healthy Together* priority strategies with most staff or program-wide. Child care programs will be asked to verify this each year in the *Healthy Together* Survey.

Quick Notes:

- To prepare to take the survey the *Healthy Together* Champion should review the strategy questions in the *Healthy Together* Action Planning Packet with other program staff to ensure accurate responses.
- *Healthy Together* priority strategies that are implemented program-wide will count towards recognition.
- If a priority strategy is not being implemented program-wide, the program is not yet ready for Bronze level recognition – but keep up the great work!

Healthy Together Priority Strategies

1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.
 2. Limit or eliminate sugary drinks; provide water.
 3. Prohibit the use of food as a reward.
 4. Provide opportunities to get physical activity every day.
 5. Limit recreational screen time.
-



SILVER LEVEL

COMMUNICATION

To achieve SILVER level recognition, a child care program must meet the requirements for Bronze AND must communicate with families about its commitment to 5-2-1-0 and the five *Healthy Together* priority strategies in each of the following three ways:

1. Display 5-2-1-0 posters.
2. Send home the “Message to Families” (provided on page 171) to the families of all children.
3. Use the “Message to Families” in one additional way. For example:
 - Upload the “Message to Families” to your website and post a link to it on your Facebook page.
 - Have copies of the “Message to Families” available in the program entrance/lobby.
 - Display the “Message to Families” on a bulletin board.

You will be asked to verify on the *Healthy Together* Survey that you have completed these three tasks.

Quick Notes:

- Locations to display 5-2-1-0 posters may include the front entrance/lobby, care spaces and classrooms. You can get free posters from your *Healthy Together* Setting Lead!
- You may customize portions of the “Message to Families” by using the modifiable version available online.
- Send the “Message to Families” home however you typically communicate with families, either by hard copy or email.

If you need assistance with any of these steps, contact HealthyTogether@AtriumHealth.org. We are here to help!



A MESSAGE TO FAMILIES

HEALTHY EATING AND PHYSICAL ACTIVITY AT OUR PROGRAM

Date:

Dear:

Our program believes that all children deserve the opportunity to be healthy and successful. Healthy eating and physical activity improve concentration, memory, and mood, helping children become better learners. We are pleased to share with you that our program supports the 5-2-1-0 Every Day message, which states the following:



**FIVE SERVINGS
OF FRUITS &
VEGGIES**



**TWO HOURS OR
LESS OF
SCREEN TIME**



**ONE HOUR OR
MORE OF BEING
ACTIVE**



**ZERO SUGARY
DRINKS**

To further support healthy children, staff, and families, we participate in *Healthy Together* 5-2-1-0 Goes to Child Care. As part of this program, we promote and follow the *Healthy Together* five healthy strategies below, which support the 5-2-1-0 behaviors:

1. We limit unhealthy choices for snacks and celebrations and provide healthy choices instead.
2. We limit sugary drinks.
3. We do not reward children with food.
4. We provide opportunities for children to get physical activity every day.
5. We limit recreational screen time.

These strategies and the 5-2-1-0 message are promoted at other *Healthy Together* schools, child care programs, out-of-school programs, and health care practices in our community. Together, we can help ensure a healthy environment for kids throughout the day.

If you have any questions please don't hesitate to contact us. If you would like more information about *Healthy Together*, visit AtriumHealth.org/HealthyTogether. Thank you for your support in helping us create a healthier place for our children to grow!

Sincerely,



AtriumHealth.org/HealthyTogether

Sample Letter

Contact your Setting Lead for a version of this letter that you can modify.

GOLD LEVEL

POLICY

To achieve GOLD level recognition, a child care program must achieve the requirements for BOTH Bronze and Silver AND complete one of the options below.

Option A:

The program adopts the Policy Addendum (on page 173) into their policy.

The *Healthy Together* Site Champion dates and initials the Policy Addendum and submits it upon request.

OR

Option B:

The program writes or edits their policy to clearly support the five *Healthy Together* priority strategies by following the *Healthy Together* Policy Checklist (on page 174).

The *Healthy Together* Champion submits the program policy with the completed *Healthy Together* Policy Checklist upon request.

Quick Notes:

- You may customize portions of the Policy Addendum. Contact us for a modifiable version.

If you need assistance with any of these steps, contact HealthyTogether@AtriumHealth.org. We are here to help!



POLICY ADDENDUM

HEALTHY EATING AND PHYSICAL ACTIVITY AT OUR PROGRAM

Our program is committed to helping raise a healthier generation of children. The staff at

has made it our policy to follow the five *Healthy Together* priority strategies for healthy eating and physical activity.

1. We limit unhealthy choices * for snacks and celebrations.
2. We limit sugary drinks. **
3. We prohibit the use of food as a reward.
4. We provide opportunities for physical activity every day.
5. We limit recreational screen time.

* Unhealthy choices include foods and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.

** Sugary drinks include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

This Addendum was adopted into policy on this date:

Initials of *Healthy Together* Champion:



HEALTHY TOGETHER POLICY CHECKLIST

If a site chooses to reach GOLD by editing their policy to clearly support the five *Healthy Together* priority strategies, this checklist must be completed and submitted with the updated policy.

Check off each box after verifying your policy meets the guidelines.

NAME OF SITE:

NAME OF CHAMPION:

EMAIL:

☐ The policy is included with this completed checklist (required).

Strategy 1: Limit unhealthy choices for snacks and celebrations; provide healthy choices.

☐ Policy shows unhealthy choices provided by the site for snacks and celebrations are limited.

- Policy does not have to show that the site limits unhealthy choices sent from home.
- Policy does not have to show that the site provides healthy options.
- There is no strict definition of "limit;" it is set by the site.
- Unhealthy choices include food and drinks high in sugar and/or salt such as soda, candy, cookies, cake, and chips.
- Healthy choices include water, fruits, vegetables, whole grain foods, protein sources such as eggs, beans, dairy, fish, and poultry, and healthy fats such as nuts, seeds, and avocados.

Strategy 2: Limit or eliminate sugary drinks; provide water.

☐ Policy shows the site limits sugary drinks.

- Policy does not have to show that sugary drinks sent from home are limited.
- Policy does not have to show that the site provides drinking water.
- Sugary drinks include juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, and sweetened coffee or tea drinks.

Strategy 3: Prohibit the use of food as a reward.

☐ Policy shows that using food as a reward is not allowed at the site.

Strategy 4: Provide opportunities to get physical activity every day.

☐ Policy shows that children are given opportunities for physical activity every day.

Strategy 5: Limit recreational screen time.

☐ Policy shows that recreational screen time is limited.



"Recreational screen time" includes the use of computers, tablets, phones, and other electronic devices with screens for non-educational purposes.



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LESS OF SCREEN TIME**



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ZERO SUGARY DRINKS



RESOURCES



KEEP THEM THINKING

5-2-1-0 TRIVIA, FACTS AND QUESTIONS OF THE DAY

Use these trivia, facts, and daily questions to start a fun conversation about healthy behaviors. Try posting them on your bulletin board, Facebook page, or in a newsletter sent home to parents. Bring them up with the children during circle time or meal time.

For young kids:

1. What does 5-2-1-0 stand for?
A: 5 or more fruits and vegetables, 2 hours or less of recreational screen time, 1 hour or more of physical activity, 0 sugary drinks; more water!
2. Name 3 fruits that you could have at breakfast.
3. Name 5 vegetables that you could bring for lunch.
4. How many commercials do think you watch every year?
A: The average child watches 20,000 commercials each year.
5. Name 3 activities you can do inside that don't involve a screen.
Build a fort, play dress up, dance to your favorite music, etc.
6. What is the #1 thirst quencher?
A: Water
7. Frogs do not need to drink water because they absorb the water through their skin. You, however, are not a frog and need to drink plenty of water every day!
8. Raisins are made from grapes that have dried in the sun for two to three weeks. 1/4 cup of raisins in your lunch can count as one of your 5-A-Day!
9. What color are carrots? Did you know that they also come in purple, red, black, and white? Ask your parents to take you to the local farmer's market and find them!

For older kids:

1. Most Americans eat about 20 teaspoons of sugar each day.
2. True or False: Americans spend more money on fast food than on movies, books, magazines, newspapers, videos, and recorded music combined.
A: True
3. According to a study from the Trust for America's Health and the Robert Wood Johnson Foundation, the number of fast food restaurant outlets in the United States increased from 30,000 in 1970 to 220,000 in 2001, and fast food spending has increased from \$6 billion to \$110 billion over the last three decades.
4. How many teaspoons of sugar are in a 20oz bottle of Mountain Dew?
A: 18 tsp
5. Did you know that since the 1970s, the standard dinner plate has increased from 10 1/2 inches to 12 1/2 inches in diameter?
6. Did you know that in 1969, 50% of kids walked to school each day compared to the 10% that walked to school in 2001?
7. A serving of fruit for a kid is the size of the palm of their hand.
8. How much of a child's body is made up of water?
A: 70-80%
9. Try this Physical Activity Break today! Run or March in place, lifting your knees in front of you as high as you can. Pump your arms. Count to 30!



ORIGINAL VERSION OF THE **5-2-1-0 SONG**

5 – 2 – 1 and 0
That's a funny way to count you say.
5 – 2 – 1 and 0
Well that's the way to stay healthy today.

5 fruits and vegetables everyday
Make your mind and body strong.
Like carrots or broccoli or apples or bananas
Or green beans that grow long.

5 – 2 – 1 and 0
That's a funny way to count you say.
5 – 2 – 1 and 0
But that's the way to stay healthy today.

And TV and video games, we know that they are fun
But just keep it under 2 hours
And let your imagination run...

With... 5 – 2 – 1 and 0
That's a funny way to count you say.
But 5 – 2 – 1 and 0
That's the way to stay healthy today.

And run and jump and play outside
For at least 1 hour
And when you're thirsty, leave the soda behind
But grab an ice cold milk or a water that's fine...

And remember...5 – 2 – 1 and 0
Well that's a funny way to count you say.
But 5 – 2 – 1 and 0
Well that's the way to stay healthy today.
That's the way to stay healthy today!

Lyrics and Music By Sara Yasner



AtriumHealth.org/HealthyTogether



5-2-1-0 VERSION OF

IF YOU'RE HAPPY AND YOU KNOW IT

Sing to the tune of "If You're Happy and You Know it..."

*If you're healthy and you know it
Go for 5!
5 fruits and veggies each day will help you thrive!
They give you energy to Go!
And vitamins to grow.
If you're healthy and you know it
Go for 5!*

*If you're healthy and you know it
Go for 2!
Less than two hours of TV is good for you!
Play Station and X-box won't help you be a Red Sox!
If you're healthy and you know it
Go for 2!*

*If you're healthy and you know it
Go for 1!
1 hour of exercise is each day is really fun!
Walking, running, jumping, biking,
Playing ball and going hiking,
If you're healthy and you know it
Go for 1!*

*If you're healthy and you know it
Go for 0!
No sugary drinks will make you a hero!
You know that you ought to
Drink milk and lots of water
If you're healthy and you know it
Go for 0!*

*Written by Kindergarten teachers at Eight Corners
Elementary School in Scarborough, Maine. Heidi
Gosselin, Andrea White, Erica Keay, Jessica Deans,
and Karen Littlefield*



AtriumHealth.org/HealthyTogether



CHILD CARE SUGGESTED

BOOK LIST

HEALTHY EATING:

My Food/Mi Comida by Rebecca Emberley
Labeled illustrations introduce various familiar foods and their names in English and Spanish.

Tucking In! (Just Like Me!) by Jess Stockham
Animals and young children enjoy the same types of foods, including oats, oranges, and fish, in a book with pictures hidden beneath the flaps.

Yum-Yum, Baby! by Beth Harwood
Rhyming text describes which meals of the day a baby is hungry for, while labeled illustrations introduce related words, such as banana, cup, and peas.

The Carrot Seed by Ruth Krauss
A young boy plants and cares for a carrot seed that everyone says will not grow, but he lovingly tends to his seed, and he eventually grows a large carrot.

Lunch by Denise Fleming
A sturdy board-book format follows a hungry little mouse as he munches his way through a variety of colorful fruits and vegetables.

My Very First Book of Food by Eric Carle
A split-page board book provides a simple introduction to the foods animals eat as preschoolers are challenged to match up the image of the food with the animal presented.

Growing Vegetable Soup by Lois Ehlert
A father and child grow vegetables and then make them into a soup.

Orange Pear Apple Bear by Emily Gravett
Explores concepts of color, shape, and food using only five simple words, as a bear juggles and plays.

Eating the Alphabet by Lois Ehlert
An alphabetical tour of the world of fruits and vegetables, from apricot and artichoke, to yam and zucchini.

An Island in the Soup by Mireille Levert
Staring at the fish soup he doesn't want to eat, Victor imagines that he is on an island of overgrown celery where he conquers a fierce pepper dragon only to be barraged by a wealth of terrifying ingredients, and soon Victor unexpectedly discovers that the dreaded fish soup is quite delicious.

Good for Me and You by Mercer Mayer
Little Critter learns that a healthy lifestyle includes a balanced diet and exercise.

Muncha! Muncha! Muncha! by Candace Fleming
After planting the garden he has dreamed of for years, Mr. McGreely tries to find a way to keep some persistent bunnies from eating all his vegetables.

An Orange in January by Dianna Hutts Aston
An orange begins its life as a blossom where bees feast on the nectar, and reaches the end of its journey, bursting with the seasons inside it, in the hands of a child.

I Will Never Not Ever Eat a Tomato by Lauren Child
Fussy eater Lola makes it perfectly clear that she will not eat anything she doesn't want until her brother shows her that carrots are really orange twiglets from Jupiter and mashed potatoes are actually Mount Fuji cloud fluff.

continued



CHILD CARE SUGGESTED BOOK LIST

PHYSICAL ACTIVITY:

Wiggle Waggle by Jonathan London
Describes how various animals walk, from the wiggle waggle of a duck to the boing, boing, boing of a kangaroo to the bumble roll of a bear.

On the Go! by Jess Stockham
Animals move by stretching, jumping, and climbing, and readers can flip the page to see babies doing the same action.

From Head to Toe by Eric Carle
Encourages the reader to exercise by following the movements of various animals.

Get Moving with Grover by Abigail Tabby
Grover and Elmo show young readers that being fit can be fun, encouraging exercises involving jumping over, running around, and dancing around the book itself.

I Went Walking by Sue Williams
During the course of a walk, a young boy identifies animals of different colors and soon has a trail of animals following him.

Froggy Learns to Swim by Jonathan London
Froggy is afraid of the water until his mother, along with his flippers, snorkel, and mask, help him learn to swim.

Hop Jump by Ellen Stoll Walsh
Bored with just hopping and jumping, a frog discovers dancing.

Animal Exercises by Mandy Ross
A collection of poems describes how familiar animals keep in shape.

The Busy Body Book by Lizzy Rockwell
Exploring all the many moves, twists, and turns a human body can do, this book is designed to

encourage kids to move around, use their bodies, and learn the importance of staying actively fit.

Duck on a Bike by David Shannon
A duck decides to ride a bike and soon influences all the other animals on the farm to ride bikes too.

Doing the Animal Bop by Jan Ormerod
Various animals dance to the animal bop, including ostriches, elephants, and monkeys; includes read-along compact disc.

BREASTFEEDING:

We Like to Nurse by Chia Martin
This book celebrates the wonder of breastfeeding in humans and animals.

Mama's Milk by Michael Elsohn Ross
This book displays humans and animals breastfeeding in their natural habitats, celebrating the warm and loving bond between mammal mamas and their babies.

This Milk Tastes Good! A Breastfeeding Nursery Rhyme by Chenniah Patrick
An amusing tale that celebrates the joy of breastfeeding, highlighting that breast milk is nutritional and tasty.

Best Milk by Kate Carothers
This book helps explain and normalize breastfeeding talking about how animals nurse and how breastfeeding can happen anywhere.

Only the Cat Saw by Ashley Wolff
Pictures show the natural wonders, including the baby nursing at night, which go unnoticed by a busy young family – except by their observant cat.

Happy Birth Day! by Robie H. Harris
A mother tells her child about its first day of life from the moment of birth through the end of the birth day including breathing, nursing, and sleeping.



ACTIVITIES GEARED TOWARDS INFANTS (BIRTH–18 MONTHS)

Shake It Up!

Pull out all your shakers and get those babies shaking along to this great rhyme!

Shake, Shake, Wiggle, Wobble, Quake
Shake it up, shake it down,
Shake it round and round and round!

Some great things to shake:

Egg-shaped shakers

Tambourines

Rattles

Jars with dried beans, popcorn, or rice, tightly closed and taped shut

Maracas

Rain sticks

Activity adapted from "Physical Play Every Day!" NHDHHS

Let's See... I'll Be...?

This game is WIDE open to use your imagination!
Make up anything you think a child could pretend to be and shout it out!

A tree, moving in the breeze
The sun rising and setting
A cat arching its back
A kangaroo jumping around
A train chugging along a track
A plane flying through the air
A lion creeping along the jungle floor

Come up with your own ideas! Kids often have great suggestions that you'd never think of in a million years!

Activity adapted from "Physical Play Every Day!" NHDHHS

Bubble Burst

With babies in seats, or infants seated on the floor, blow bubbles within reaching distance and model how to pop the bubbles for them — see how many pops and grins you get! Recite this verse while blowing:

Pretty bubble in the sky,
Pop each one as it floats by!

Try coming up with your own verses...

Example:

Pretty bubbles see them flow,
can you touch them with your toe?

Activity adapted from "Physical Play Every Day!" NHDHHS

Row, Row, Row Your Boat

While sitting on the floor, place child between your legs so that both of you are facing forward. Hold an empty paper tube in front of the child's arms so that you are both holding it. Gently reach forward and back in a rowing motion while reciting the following rhyme:

Row, row, row your boat.
Down the river watch us float.
Pushing and pulling on our oar.
Sitting together on the floor.

What other things could you row?

Perhaps you could ride, ride, ride your trike...?

Activity inspired by Raising Readers: A Family Health and Literacy Program for Maine Children Ages Birth to 5

Follow-the-Leader Walk

Take a walk, indoors or out, and designate a "leader." Let the leader take you on a winding walk around and over and under obstacles. Everyone else try to follow along. Recite the following rhyme:

Follow me as we go,
Up and over,
High then low.
Now I'll follow wherever you go,
Moving fast or
Moving slow.

Switch off leaders and go on a new journey!

Activity adapted from "Physical Play Every Day!" NHDHHS



ACTIVITIES GEARED TOWARDS TODDLERS (18–36 MONTHS)

Super Kids!

Jumping is a great way to have fun and move your body. While holding onto the child's hand for safety, pretend you're jumping tall buildings in a single bound by jumping on or off of a sturdy box, curb, step, or platform. What else can you pretend to jump over?

- A sprinkler — feel the water splash.
- A shark in the water — watch out for his teeth!
- A fairy or gnome house — don't step on your forest friends!
- You choose!

"We'll leap tall buildings with a single bound. Landing firmly on the ground. Super kids can jump this way, because they practice every day."

Activity adapted from "Physical Play Every Day!" NHDHHS

Bodies in Motion

This is a great thing to do whenever the kids need to move their bodies! Let the children know that you will be asking each of them separately to move a body part (and then you can mix it up at the end and get them all to do it!) Say out loud:

Our bodies are made of special parts.

Wave your arms (child's name)!

Shake a leg (child's name)!

Nod your head (child's name)!

Touch your chest to feel your heart, (child's name)!

Stamp your feet (child's name)!

Snap your fingers (child's name)!

Rub your belly (child's name)!

Wiggle your toes (child's name)!

Now, everyone, stand very tall and touch your nose!

Activity adapted from "Physical Play Every Day!" NHDHHS

Fitness Chant

Design a balance trail by using masking or duct tape to create pathways on your carpet (make sure you have permission!). Ask the children to walk, stomp, or hop along the trail. Recite the following chant as they go:

"Watch each step as you follow the trail.

Begin moving slowly like a snail.

Raise your arms out from your side.

It helps your balance if you hold them wide!"

TIP: Think of other activities that can center on the tape trail you've made. Kids love to drive cars and trucks along a line—maybe they can pretend they're trucks, cars, or buses themselves!

Activity adapted from "March Family Literacy Ideas" Families READ—A Maine Family Literacy Lighthouse Project Sanford Community Adult Education

Apple Picking

1. Walk in place to the imaginary apple orchard.
2. Wave to the farmers as you go by.
3. Pretend you're climbing a ladder — knees up high!
4. Stretch arms to the tallest branches where the yummiest apples hide.
5. Reach high and pick those apples.
6. Reach low and put them in your basket.
7. Repeat until basket is "full."
8. Pretend you're carrying the heavy basket full of apples back to the farm house.
9. Sit down and "eat" an apple to help you reach your 5-a-day!

Activity adapted from Take Time: Physical Activity Program

Have A Seat

1. Grab a chair and place it in front of you.
2. Now sit, then stand, then sit, then stand.
3. Repeat 5 or 6 times.
4. This round sit half-way down, stand, sit halfway down and hold for 10 seconds, stand.
5. Repeat 5 or 6 times.
6. This time sit, then raise your bottom two inches off the seat and stay that way for 10 seconds, then stand.
7. Repeat 5 or 6 times.
8. For this last round, do a quick "barely-sit" and then stand. Repeat 10 or 12 times.
9. Now have a seat and think about how physical activity makes you stronger!

Activity adapted from Take Time: Physical Activity Program



ACTIVITIES GEARED TOWARDS

PRESCHOOLERS (3–5 YEARS)

Fitness Chant

Encourage kids to use all 5 of their senses as they eat their healthy snacks! For example, if the class is all having fruit parfaits as a healthy treat they could:

- Use smell to describe the sweet scent of each fruit,
- Use touch to feel a piece of soft, squishy fruit or creamy yogurt,
- Use sight to describe the red of strawberries or yellow of bananas,
- Use taste to describe the tanginess of the yogurt or sweetness of the fruit, and finally...
- Use hearing to describe the crunchiness of the granola as they eat their parfait!

Use this activity during meal and snack times every day! See how many descriptive words the children can use. Keep a thesaurus on hand to help them learn new words to describe what they are experiencing!

Activity submitted by Becki Yahm of 4 Seasons Preschool and Child Care in Gorham, ME

Couch Potato

1. Designate one child to be "It", and one to be the "Active Angel."
2. Remaining children walk quickly (and safely) around the play space while "It" tries to tag someone. It can tag more than one child.
3. The child tagged by "It" must sit down and pretend to be a "couch potato." Pretending to play video games, watch TV, eat snacks are all good ways to be a true "couch potato!" Stay pretending until...
4. The "Active Angel" taps the "couch potato" on the shoulder and, in order to be released from "couch potato land," that child must come up with an activity that would be better for their health e.g. playing tag, climbing on the jungle gym, jumping on one foot, doing a puzzle. Once they share their activity idea, they are free to stand up and rejoin the game.
5. Switch roles and play a few times. Remember, "It" can tag more than one child at a time — the more "couch potatoes," the more fun the "Active Angel" and everyone else has.
6. Whew! It feels good to move your body, doesn't it!?

Activity adapted from H.E.A.T. Club Curriculum



AtriumHealth.org/HealthyTogether

Indoor Obstacle Course

Indoor Obstacle Course

1. Collect some "obstacles" from items in the classroom e.g. pillows, chairs, stuffed animals, pots & pans, blocks.
2. Set items up around the room to create your course.
3. Have rules for each item, such as "hop on one foot around the chair" or "walk backwards 6 steps with the pillow balanced on your head" or "play a song using a wooden spoon and a pot."
4. Make sure that everyone gets a turn and start over with new items and rules if it's a big hit! Adding music always makes it more fun!

TIP: Ask the children for suggestions; they'll be sure to have some great (and potentially goofy) ideas!

Activity adapted from King County Overweight Prevention Initiative's LIVE OUTSIDE THE BOX Toolkit

(Pretend You're A) Tree Pose

1. Pretend your body is the trunk of a strong tree.
2. Now stand up straight and balance on one foot.
3. Place your other foot on the inside of your balanced leg. Your knee should be pointing to the side and your heel pointing up your leg. Leave your toes on the ground if you need to for balance.
4. Bring your hands together in front of you. These are the branches!
5. Raise them above your head and be a proud tree. Keep this pose for as long as you can, maybe even 30 seconds.
6. Switch legs and start over.

Activity adapted from Kerra Cartwright, First Grade Teacher, Young Elementary School, Saco, 2008

Have A Seat

1. Grab a chair and place it in front of you.
2. Now sit, then stand, then sit, then stand.
3. Repeat 5 or 6 times.
4. This round sit half-way down, stand, sit halfway down and hold for 10 seconds, stand.
5. Repeat 5 or 6 times.
6. This time sit, then raise your bottom two inches off the seat and stay that way for 10 seconds, then stand.
7. Repeat 5 or 6 times.
8. For this last round, do a quick "barely-sit" and then stand. Repeat 10 or 12 times.
9. Now have a seat and think about how physical activity makes you stronger!

Activity adapted from Take Time: Physical Activity Program



Let's Be Healthy Together!

Following 5-2-1-0 is a fun, easy way to boost your family's healthy habits. Join the 5-2-1-0 League and pledge to get healthy together!

5

Eat at least 5 servings of fruits and veggies daily!

Growing strong starts with eating the right foods. For your child, a serving of fruit and veggies is about the size of the palm of their hand.

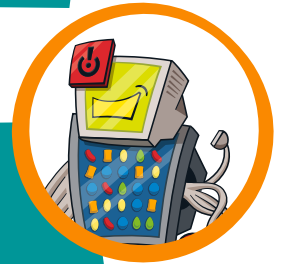
- Add veggies to foods you already make, like pasta, soups, pizza and rice.
- Add fruit to your cereal, pancakes or other breakfast foods.
- Keep washed and chopped veggies and fruits in the fridge so they are ready to grab and eat.



2

Limit screen time not linked to schoolwork or learning to less than 2 hours a day.

Once your child's homework is done, get them to be active or read a book! Limit the time they spend playing video games or watching TV. You'll be helping make healthy habits that will last a lifetime.



1

Be active for at least 1 hour per day.

Being active helps you feel better, makes you stronger and helps your heart work better. Best of all, you can be active as a family.

Ways to be active:

- Playing sports
- Taking the stairs
- Dancing
- Walking around the block



0

Stay away from sweet drinks – go for water or low-fat milk!

Water quenches thirst better than any other drink. Water puts back the things we need to grow strong that we lose during play.

Lead the way as a parent. Put down soda or sports drinks. Pick up a glass of water or milk!



Get lots more 5-2-1-0 tips and tools:
AtriumHealth.org/HealthyTogether

Approved through Carolinas HealthCare System Pediatric Patient Health Education Committee December, 2016

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ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-800-821-1535.

注意: 如果您使用繁體中文, 您可以免費獲得語言援助服務。請致電 1-800-821-1535。



Atrium Health
Levine Children's

This information is intended as general wellness guidelines for most children ages 2 and up. If you have any questions, or need specific recommendations for your child, talk to your child's pediatrician.

What's Your 5-2-1-0 Score?



Answer these easy questions to get a better look at your child's healthy habits. If you're the kid, answer for yourself!

1. How many servings of fruits and veggies does your child eat a day?
(1/2 cup of raw veggies or 1 medium sized piece of fruit = 1 serving)

____ Less than 1 serving (1 pt.)

____ 1-2 servings (2 pts.)

____ 3-4 servings (3 pts.)

____ 5 or more servings (4 pts.)

2. How often does your child drink sweet drinks (soda, sweet tea, sports drinks, fruit juice) in a day?

____ 3 or more a day (1 pt.)

____ 2 a day (2 pts.)

____ 1 a day (3 pts.)

____ Not very often (4 pts.)

3. How many 8-ounce cups of water does your child drink in a day?

____ Less than 1 cup (1 pt.)

____ 1 cup (2 pts.)

____ 2 cups (3 pts.)

____ 3 cups or more (4 pts.)

4. How many minutes a day is your child active?

____ Not that often (1 pt.)

____ Less than 30 minutes a day (2 pts.)

____ 30-60 minutes a day (3 pts.)

____ More than 60 minutes a day (4 pts.)

5. How much time does your child spend watching TV, or using a tablet, phone or similar item in a day?

____ More than 3 hours (1 pt.)

____ 2-3 hours (2 pts.)

____ 1-2 hours (3 pts.)

____ 1 hour or less (4 pts.)

Great job! Add up the points from each question to get your 5-2-1-0 score.

5-10 = Sidekick: Great start! You're on the right path. By eating the right foods and being more active, you can become the hero you're meant to be. Follow 5-2-1-0 to start making healthy habits!

11-15 = Hero: Wow – you're making great strides toward leading a healthy life! With a little help, you'll be at superhero level in no time. Follow 5-2-1-0 for even better choices!

16-20 = Superhero: You're a health superhero! Keep up the great work. And visit the 5-2-1-0 website for even more ways to be healthy!

CONGRATULATIONS!

You've completed the healthy child quiz. Add up the points from each question to learn how your child is doing at leading a healthy lifestyle!

5-10 = Sidekick: Great start! Your child is on the right path! By eating healthier and being more physically active, they can become the hero they are meant to be. Using 5210 program elements as a guide, you can start creating healthy habits for your child and whole family!

11-15 = Hero: Wow, your child is already making great strides to leading a healthy lifestyle! With your guidance and encouragement, they'll be at Superhero status in no time! Follow the 5210 program to help them become even healthier!

16-20 = Superhero: Amazing! Your child is already a health superhero! Keep up the great work and check out the 5210 website for more ideas to reinforce your child's healthy living!



Atrium Health
Levine Children's

AtriumHealth.org/HealthyTogether

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AtriumHealth.org/HealthyTogether



5210 FAMILY PLEDGE CERTIFICATE

Just like Doctor Fit, Captain Active and the entire 5-2-1-0 League, the

_____ Family
pledges our commitment to leading a healthier, more active life together. We further pledge to support each other in making healthy choices and follow the principles of 5-2-1-0 whenever possible.

Every day, we'll try to do the following:



**FIVE SERVINGS OF
FRUITS & VEGETABLES**



**TWO HOURS OR LESS
OF SCREEN TIME**



**ONE HOUR OR MORE OF
PHYSICAL ACTIVITY**



**ZERO SUGARY
DRINKS**

We agree to do our best to live a healthy life together as a family and join the ranks of the 5-2-1-0 League.

FAMILY MEMBERS



Carolinas HealthCare System
Levine Children's Hospital

Dr. Fit
DOCTOR FIT

Captain Active
CAPTAIN ACTIVE



EVERY DAY, WE'LL TRY TO FOLLOW 5-2-1-0:



**FIVE SERVINGS OF
FRUITS & VEGETABLES**



**TWO HOURS OR LESS
OF SCREEN TIME**



**ONE HOUR OR MORE OF
PHYSICAL ACTIVITY**



**ZERO SUGARY
DRINKS**

☐ We agree to do our best to live a healthy life together as a family and will join the ranks of the 5-2-1-0 League.

Fill in your mailing information below to receive a free 5-2-1-0 League wristband. It's a great way to show your commitment to leading a healthy life and being part of the 5-2-1-0 League!

Name

Email Address

Phone

Which of the following healthy habits are you most interested in for improving your family's lifestyle?
Please check all that apply.

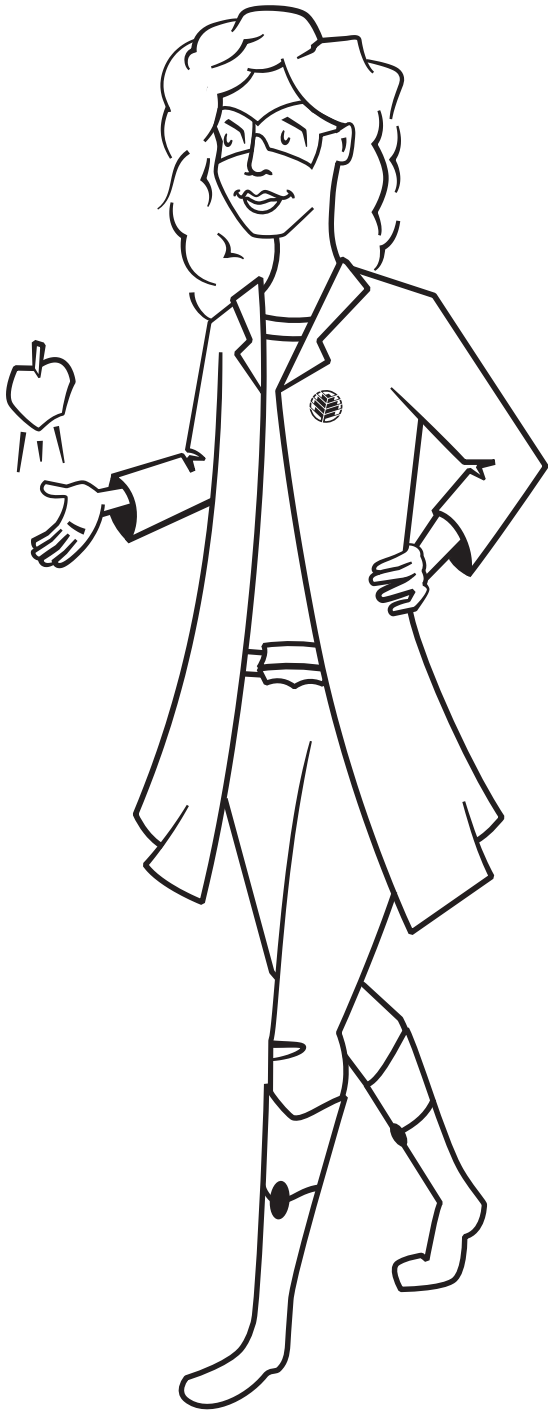
This information is intended as general wellness guidelines for most children ages 2 and up. If you have any questions, or need specific recommendations for your child, talk to your child's pediatrician.

- ☐ Eating more servings of fruits and vegetables
- ☐ Learning ways to limit recreational screen time
- ☐ Being more physically active
- ☐ Avoiding sugary drinks



WHAT I LIKE ABOUT FRUITS AND VEGGIES:





**FIVE SERVINGS OF
FRUITS & VEGGIES**

**DOCTOR
FIT**

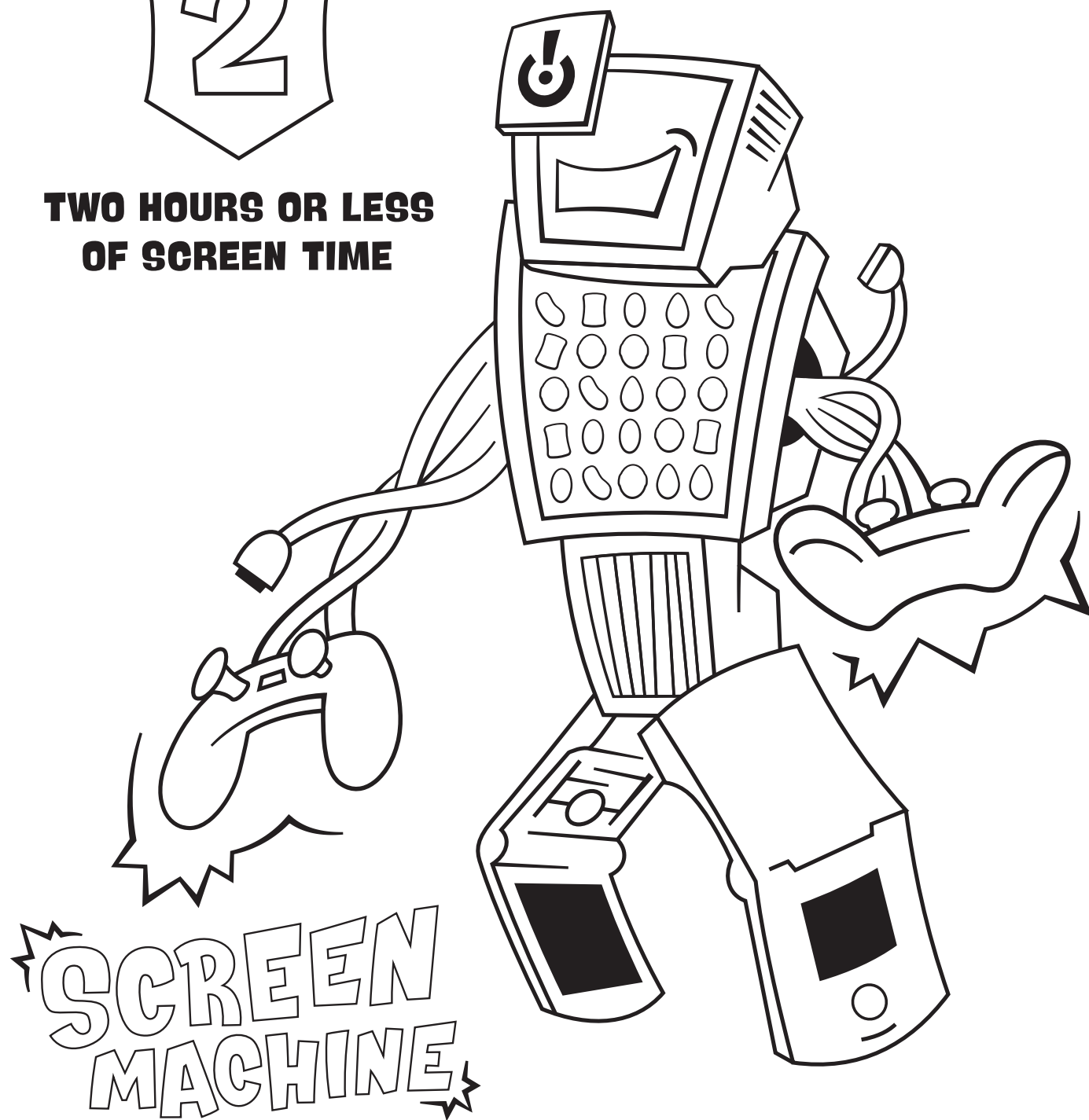


WHAT I DO INSTEAD OF TV:





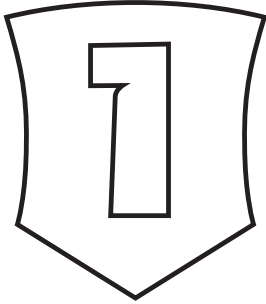
**TWO HOURS OR LESS
OF SCREEN TIME**



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WHAT I LIKE TO DO OUTSIDE:





**ONE HOUR OR MORE OF
BEING ACTIVE**



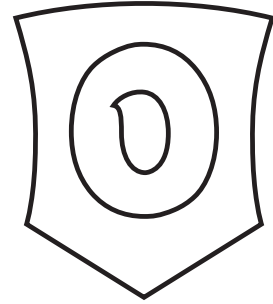
**CAPTAIN
ACTIVE**



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WHERE I CAN FIND FRESH, COOL WATER:





**ZERO SUGARY
DRINKS**



**GROUCH
POTATO**



