

## Are you a 5-2-1 Almost None Family?

**EAT**  
FRUITS & VEGGIES  
Eat at least 5 fruits & veggies every day

**CUT**  
SCREEN TIME  
Keep screen time to 2 hours or less

**PLAY**  
EVERY DAY  
Play for at least 1 hour every day

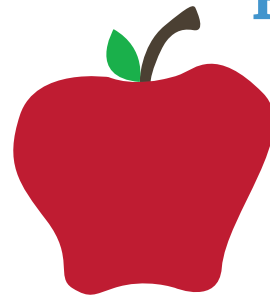
**DRINK**  
LESS SUGARY DRINKS  
Drink as few sugared drinks as possible

### Did You Know?

- Sugar actually zaps energy
- Water is the best way to re-fuel your body
- Fresh fruit has a little bit of carbohydrates for energy and lots of water for hydration
- Being active keeps you healthy and ready to learn



[www.pfcfoothills.org](http://www.pfcfoothills.org)



**Healthy  
Snacks  
are  
Good  
Snacks**

## Snacks Anytime

### Bananas

cut in half for younger kids so they can peel and eat more quickly

### Orange slices

### Clementines

Small slices or chunks of melon

Apple wedges or mini apples

sprinkle slices with orange juice

### Strawberries

### Raisins

String Cheese

### Water

**Kids burn fewer calories than we think. The average 8 year old burns only 150 calories in an hour of sports—but the typical after-game snack has 300- 500.\***

\*According to a recent study from the University of Minnesota School of Public Health



**For more tips and resources to help your family live healthy visit:**

[www.pfcfoothills.org](http://www.pfcfoothills.org)