

September

Building Healthy Schools & Communities

# WELCOME BACK!

Welcome to the 2011-2012 school year! This year, make a commitment to join WISE SNAC® in promoting healthy lifestyles. Maintaining good health requires eating healthy foods and regular physical activity, but making healthier changes to your family's diet and physical activities do not have to be extreme to have a positive impact. Small, simple changes in your family's eating and activity habits can add up to big results. Keeping your family healthy can be as easy as 5-2-1-0!

**5**

***Eat five or more servings of fruits and vegetables each day.*** Choose a variety of fruits and vegetables. Fresh, frozen, canned or dried – fruits and vegetables come in many forms. Choose fruits and vegetables without added sugar, syrup, salt or cream sauces.

**2**

***No more than two hours of screen time each day.*** Limit time spent on the computer, television and video games. Listen to music, play a game, take a walk, read, or work on a hobby instead.

**1**

***One hour of physical activity each day.*** Making physical activity part of your day is important to keep your body healthy. Work together as a family to be active everyday. Take a family walk or bike ride, toss a ball or Frisbee or take a dance class together.

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***Zero sweetened beverages.*** Limit drinks with added sugar. Choose healthier drinks like water, low-fat or fat-free milk and 100% fruit and vegetable juices. Encourage your child to make these healthy drink choices at home and during their school meals.

*So remember, it's as easy as 5-2-1-0 to a healthier family! Join us in promoting healthy schools, homes and communities this year! For more information and resources on 5-2-1-0, visit [www.letsgo.org](http://www.letsgo.org)*

### **Breakfast First!**

Children need breakfast to jump-start their day. Breakfast keeps children on target for meeting their nutrient needs and for being ready to learn. Some families are too busy in the morning to sit down to a nutritious and balanced breakfast. If that is the case in your house, try grab and go options or give school breakfast a try!

Quick, grab and go breakfast options include a piece of fresh fruit like apples, bananas or grapes, low-fat string cheese and whole-wheat crackers, snack-sized bags of dried fruit and cereal, or low-fat granola bars.

### **Does your child(ren) qualify for a free or reduced price lunch and breakfast?**

School meals ensure that children are provided with nutritionally balanced meals throughout the school year; yet, more and more families are being impacted by the current economic condition and school meal costs may be out of their budget. As a result, more families may now be eligible to receive a free or reduced price school lunch and breakfast. Many school districts make it impossible to differentiate between paid, free, or reduced lunches. If you are interested in learning more about free/reduced price meal programs and whether or not your family would qualify for the 2011-2012 school year, contact the cafeteria manager at your child's school.



WISE SNAC® is a program of the Health Promotion Council made possible through funding by the North Penn Community Health Foundation and collaboration with the North Penn, Souderton Area and Wissahickon School Districts.

