



nrgBalance 12345! Bulletin Board Display

Instructions

Enclosed are materials for assembling an nrgBalance 12345! bulletin board display. Choose from one of the ideas below (or create your own) to highlight your organization's commitment to healthy eating and active living:

Example 1: Countdown to nrgBalance!

Use your bulletin board display as a guide to a five-month celebration highlighting each of the nrgBalance 12345! recommendations. Begin in January and "countdown" from five (servings of fruits and veggies) to one (or more hours of physical activity). For each of the five months, include photos of how your organization is achieving the recommendation, i.e., celebrating green veggies as part of healthy snacks during Go for the Greens in March or holding a field day in May to promote physical activity.

- January – Five or more servings of fruits and vegetables
- February – Four or more cups of water or low/no-calorie beverages
- March – Three meals a day
- April – Two or less hours of screen time each day
- May – One or more hours of physical activity each day

Example 2: Promote nrgBalance 12345! activities being hosted by your organization or community

Use your bulletin board to advertise ways in which your students, staff, members, etc. can engage in nrgBalance 12345! activities. For example, is your local farmer's market having a special on apples as part of National Apple Month (#5) OR is your organization hosting a Move it Outside Day event (#2)? If so, print out the event details and post them next to the appropriate # card.

Example 3: Showcase your students, staff or members participating in one or more of the nrgBalance 12345! recommendations

Invite your students, staff, members to contribute pictures/stories on how they're achieving one or more of the 12345! recommendations and post these stories/photos next to the corresponding # card. For example, post a family meal photo and recipe next to #3; post a picture of a student hiking and the trail map next to #2; or post a photo of a family trip to an orchard next to #5.

Show your creativity!

Create your own nrgBalance 12345! Bulletin board display and upload photos of your display and additional display ideas at www.nrgbalance.org

Select nrgBalance 12345! From the Sharing nrgBalance drop down and click on "upload your stories."