Healthy kids and healthy families make everything possible. Good nutrition and physical activity patterns start in early childhood. 5210 are numbers to live by to promote healthy lifestyles for children and families. We realize healthy living can be challenging so we encourage everyone to start small, think big, and take one step at a time.

**5 OR MORE FRUITS & VEGETABLES**

Fruits and vegetables are packed with nutrients. To get the amount recommended, most of us need to increase the amount of fruits and vegetables we currently eat.

**2 HOURS OR LESS OF SCREEN TIME**

Two hours or less of computer, video and TV screen time every day. Increased screen time has been linked to lower reading scores, behavioral problems, and unhealthy weight.

**1 HOUR OR MORE OF PHYSICAL ACTIVITY**

Activity that makes your heart pump faster and your body breathe harder makes you strong, helps you feel good and allows you to think clearly. Kids in active families are more likely to be active adults.

**0 SUGARY DRINKS**

Sugary drinks such as soda, sweetened tea, sport drinks, fruit punch, and other fruit-flavored drinks have little health benefit. Sweetened beverages add empty calories. There are about 150 calories and 9 teaspoons of sugar per 12 oz. can of soda.

For more information please check out our website: OK5210.ORG
Start by making smaller changes first.

Make sure to turn off the TV while you eat.

Try to eat at least one meal a day with your family.

PARENTS, LET’S GET STARTED!

Encourage kids to help choose fruits and veggies at the store.

The more colorful the veggie, the healthier it is!

Have fruits and vegetables within easy reach.

Replace sugary snacks with sweet fruits such as; kiwi, strawberries or pineapple

Offer fruits and veggies and encourage everyone to try a few bites. It can take 7 to 10 tries to like a new food.

Try to serve one fruit or vegetable at every meal or snack

Fruits and vegetables can be fresh, frozen, or canned. They’re all good for you and your family.

Try adding vegetables, such as green or red peppers, to chili, and spaghetti sauces. Some kids are more likely to eat them if they are chopped small.

EAT A RAINBOW

numbers to live by | OK5210.org

OKLAHOMA CITY COMMUNITY FOUNDATION
Helping you help the community
Television, video games, smart phones, and computers are now a part of all of our lives. They are entertaining and can help our children learn. But too much screen time, such as watching TV or playing electronic games, can be unhealthy. Kids who spend a lot of time on screen time activities are more likely to have health problems. Encourage your family to sit less and move more.

- Turn off the TV during mealtime
- Limit phone calls and texting during meal time
- Enjoy meals together as a family
- Set time limits on screen time for the whole family. Stick with the limits.
- Be a role model – If your kids see you following the rules, they’ll be more likely to follow
- Try keeping the TV, computers, and videos games out of the kids’ bedrooms
- Make one day a week a “Turn Off the TV Day” in your home and do something else with the kids – read a book or take a walk
- Encourage your kids to read. Share the joy of reading aloud to the kids.
- If your family really likes video games, try those that make you move such as Dance Dance Revolution, Wii Fit, Dance Central, Kinect Sports

numbers to live by | OK5210.org
**MOVE MORE**

Kids need an hour or more of physical activity daily to help stay healthy. Physical activity is proven to help children:

- **Sleep better and feel more rested throughout the day**
- **Improve concentration, retain information, and perform better academically and athletically**
- **Makes bones and muscles stronger and helps kids feel good about themselves**

**KEEP IT MOVING!**

Physical activity doesn’t have to be strenuous. Here are a few ideas on adding physical activity into your day:

- **Take the stairs whenever possible**
- **Get outside and explore as a whole family**
- **Allow kids to choose the activities they love the most**
- **Park in the farthest parking space to encourage more activity**
- **Clean the house. Cleaning involves plenty of walking, stretching, and lifting**
- **Dig in the dirt. Gardening can be fun, educational, and added active time**
- **Don’t use physical activity as a punishment. Kids will begin to think activity is a bad thing**
- **Make a “free play” jar at home and allow children to drop in notes with their favorite games to play.**
- **Enter a fun run, as a family**
JUST THE FACTS

Did you know that 1 can of soda has about 150 calories and 40 grams of sugar. This is equal to about 10 packets of sugar. Drinking an extra can of soda every day for a year, without burning it off through physical activity, will lead to 54,750 extra calories or about 15 pounds of weight gain each year.

RETHINK YOUR DRINK!

Let’s all work together to make water or milk the first choice before loading up on unnecessary added sugar and calories. Here are some great ways to encourage kids to consume less sugar-sweetened beverages:

- Be a role model—drink water throughout the day
- Serve water or low-fat milk at meal time
- Make sugary drinks a treat rather than an everyday option
- Try not to keep sugar-sweetened beverages around the house—if it isn’t there, it won’t be easy to grab
- Save money and the environment by purchasing a reusable water bottle for everyone in the family
- Add a fresh orange, cucumber, or other fruit to water to add a refreshing flavor
When one program started introducing different fruits and vegetables, they designed a whiteboard near the snack area where children rated the new foods each day. The site director tallied the ratings and created new snack menus that matched the kids’ favorites. The kids were eating foods that they loved and that were good for them, too!

CHECK OUT SOME OF THESE CREATIVE SUCCESS STORIES!

Brainstorming with children about new ways to incorporate fruits and vegetables into snacks is a great way to get kids involved. One site urged children to think of creative ways to add either a fruit or vegetable to every snack. Here are some ideas:

- Celery or apples with peanut butter (unless children have allergies)
- Whole grain crackers with an orange or sliced red peppers
- Trail mix with nuts, sunflower seeds, and dried fruit
- Yogurt with granola and berries

When one program started introducing different fruits and vegetables, they designed a whiteboard near the snack area where children rated the new foods each day. The site director tallied the ratings and created new snack menus that matched the kids’ favorites. The kids were eating foods that they loved and that were good for them, too!
THE SCOOP ON FRUITS & VEGETABLES

- Offer a fruit or vegetable option with every snack or meal served.
- Fruits and vegetables are important foods to include in a healthy diet, but only about one in every five children (and few adults!) get the recommended five or more servings each day.¹
- Fruits and vegetables are packed with nutrients, including vitamins A, B, and C, and minerals such as potassium and even calcium. They help protect against heart disease, stroke, high blood pressure, and cancer later in life.²
- Each type of fruit or vegetable has unique benefits, so it is important to eat different types to get all the nutrients for a strong body.
- 100% fruit juice isn’t a substitute for whole fruit. When possible, serve whole fruit—it contains more nutrients and fiber and helps fill you up.
- Even though canned and frozen foods can provide an easy way to keep fruits and vegetables handy, watch out for added sugar and salt.

CREATIVE & EASY SNACK IDEAS
- Applesauce
- Tangerines/Clementines
- Apricots
- Canned fruit in water or juice
- Dried fruit: apple rings, apricots, raisins, berries
- Colored pepper slices
- Raw broccoli and cauliflower
- Green & yellow string beans
- Celery

HOW MUCH DO KIDS REALLY NEED?
Children should eat at least five servings of fruits and vegetables each day

So what’s a serving?
- ¼ cup of dried fruit
- ½ cup of cooked or raw vegetables
- ⅛ cup of 100% juice
- 1 cup of leafy greens—and remember that darker greens are more nutritious!
- 1 medium piece of fruit

GET CREATIVE WITH THESE RECIPE IDEAS!
- Baked apples
- Fruit kabobs
- Fruit salad
- Ants on a log
- Fruit smoothies
- Veggie dipping sauce
(These recipes can be found in your Food & Fun resources)

WANT TO KNOW MORE? CHECK OUT THESE RESOURCES

Produce for Better Health has resources for afterschool providers to help children establish smart fruit and vegetable eating habits:
www.pbhfoundation.org/educators/teachers/activities

For tips on eating a variety of colorful fruits and vegetables, nutrition information, and activity pages for children visit PBH’s other website:
www.fruitsandveggiesmorematters.org/

Harvard School of Public Health publishes an online nutrition news and resource center:
www.hsph.harvard.edu/nutritionsource

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DIETARY FATS
THE GOOD, THE BAD, & THE UGLY

Did you know that the type of fat you eat is more important than the total amount of fat in your diet? Eat foods rich in plant and fish oils and low in fats from animal sources and trans fats. This can reduce the risk for heart disease and type 2 diabetes. Making simple changes in your food habits can make a big difference for health.

UNSATURATED FATS — “The Good”
What: Oils found in plants and fish
Where: Vegetable oils like olive and canola oil
Fish, nuts, seeds, and peanut and other nut butters

Saturated Fats — “The Bad”
What: Fats found mostly in animal foods
Where: Butter, whole milk, cheese, ice cream, red meat, sour cream, lard, and coconut and palm oils

TRANS FATS — “The Ugly”
What: Vegetable oils that are chemically changed (partially hydrogenated) to increase the shelf life of processed foods
Where: Fast foods, packaged snacks (cookies, crackers, etc.), baked goods, and stick margarines

TIPS FOR MAKING CHANGES AT HOME
• Read food labels to select foods with NO trans fat. Avoid foods with “partially hydrogenated vegetable oil” or “shortening” in the ingredients list.
• Limit fast food meals to once per week or less.
• Replace red meat with fish, chicken, nuts, and seeds at meal times.
• Cook with liquid oils and trans-fat-free tub margarine instead of butter, stick margarine or lard.

For more information, visit www.ymca.net/healthy-family-home or www.hsph.harvard.edu/nutritionsource/fats.html.
Real-life challenges... | ...and how to overcome them
---|---
Staff in charge of buying food don’t know what ingredients to look for on labels. | Teach staff to avoid partially hydrogenated oils on nutrition labels—Take a look at the “Track the Trans Fats” activity in Food & Fun’s Unit 4. Then review vendor lists and order only foods without trans fats.
Staff don’t see what they eat as being relevant to their job or to children’s healthy eating. | Teach staff about the importance of being role models and involve them in taste testing.
Kids seem reluctant to try new, healthy foods. | Use taste tests to understand kids’ preferences and identify new offerings to include in your menu.
We don’t get to choose which foods are provided to children. | Contact whoever is responsible for food purchasing and request that snacks be free of trans fats. Refer to Food & Fun’s Snack Sense for alternative snacks.
Our site has vending machines where kids and staff buy snacks with trans fats. | Have the vending machines turned off during program hours or make a rule against using them after school.

CHECK OUT SOME OF THESE SUCCESS STORIES!

Think of this as an opportunity to review current menu items and try new things! Consider a field trip to your local grocery store. Explore the aisles and ask questions:
- Do those crackers contain partially hydrogenated oil?
- Is the 0g of trans fat on the cookie nutrition label accurate?
Ask kids about any healthy snacks they eat at home and have them bring in empty boxes to read the ingredient labels together.

One afterschool program was very excited about their success at eliminating trans fats from all their snacks. When they were ordering snacks, they carefully checked the nutrition facts to see that there were 0g of trans fats listed.

BUT one day a staff member noticed that there was partially hydrogenated oil listed in the ingredients of the crackers she thought were healthy. She’d heard that this is the name for trans fat oils. The staff member taught the staff and kids at her site the best way to look for trans fats on the label and helped her program ban trans fats for good!
THE TRUTH ABOUT FAT

Did you know that the type of fat you eat is more important than the total amount of fat in your diet? Eating more good fats and less bad fats can reduce the risk for heart disease and type 2 diabetes. Making simple changes in food habits can make a big difference for health.

Fats provide us with energy and vitamins that our body needs, but not all fats are created equal.

UNSATURATED FATS — “Good Fats”

What: Oils found in plants and fish.
Where: Vegetable oils like olive and canola oil. Fish, nuts, seeds, and peanut and other nut butters. Foods like olives, chick peas, and avocados.

SATURATED FATS — “Bad Fats”

What: Fats found mostly in animal foods.
Where: Whole milk, cheese, butter, ice cream, red meat, sour cream, lard, and coconut and palm oils.

TRANS FATS — “Ugly Fats”

What: Vegetable oils that are chemically changed to increase the shelf life of processed foods.
Where: Fast foods, packaged snacks (cookies, crackers, etc.), baked goods, and stick margarines.

HOW CAN I TELL IF A PRODUCT HAS TRANS FATS?

- Trans fats are created from plant oils through a process called partial hydrogenation, which makes them solid at room temperature.
- Any time you see the words “partially hydrogenated” in an ingredient listing, it means that trans fats are present!
- Many manufacturers have started labeling their products with “No Trans Fats” or “Zero Trans Fats,” but the law says they can do this even when there are up 0.5 grams of trans fats in the product. Read the ingredients instead!

THINGS TO DO IN THE KITCHEN

- Replace red meat with fish, chicken, nuts, and seeds at meal times.
- Cook with liquid oils (vegetable or olive) and trans-fat-free tub margarine, instead of butter, shortening, stick margarine, or lard.
- Select dairy products made with 1% or nonfat milk, instead of whole or 2% milk.

WANT TO KNOW MORE? CHECK OUT THESE RESOURCES

BanTransFats.com is a nonprofit organization that has the goal of reducing and eliminating trans fats from all food products: www.bantransfats.com

Harvard School of Public Health website offers the Nutrition Source for an online nutrition news and resources: www.hsph.harvard.edu/nutritionsource/what-should-you-eat/fats-and-cholesterol/index.html

Planning healthy celebrations can be particularly challenging. Foodplay offers some great suggestions: www.foodplay.com/downloads/FreeMaterials/Teachers/celebration_guide.pdf

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We Can! Screen Time Chart

Fill out the We Can! Screen Time Chart to see how much time your family spends in front of a screen. Keep one chart for each person.

Be sure to include time spent with cell phones and other hand-held video or gaming devices.

Post the chart where it’s easy for everyone to see and use. Good places are near the family TV, by the computer, or on the refrigerator.

If screen time for each person is less than 2 hours a day, you’re doing great! If it’s 2 hours or more, then it’s time to move more. Find ideas to get your family moving in the We Can! Family Guide. Take a look at:

- We Can! Parent Tips: Help Your Kids Reduce Screen Time and Move More
- We Can! Parent Tips: Be Active and Have Fun


How to fill in the We Can! Screen Time Chart

To fill in your family’s screen time chart—For each day, write the hours spent for each type of screen.

- Then add the hours for each day. Write the total in the “Daily Total” column.

See the sample chart below.

We Can! Screen Time Chart — Sample Chart

<table>
<thead>
<tr>
<th>Name:</th>
<th>Billy</th>
<th>Dates:</th>
<th>6/4 - 6/10</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>TV</td>
<td>Video Games</td>
<td>Hand-held Devices</td>
</tr>
<tr>
<td>Monday</td>
<td>2 hours</td>
<td>1 hour</td>
<td></td>
</tr>
<tr>
<td>Tuesday</td>
<td>3 hours</td>
<td>1 1/2 hours</td>
<td></td>
</tr>
<tr>
<td>Wednesday</td>
<td>1 hour</td>
<td>1 hour</td>
<td>2 1/2 hours</td>
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<tr>
<td>Thursday</td>
<td>4 hours</td>
<td></td>
<td></td>
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<tr>
<td>Friday</td>
<td>4 hours</td>
<td>1 hour</td>
<td></td>
</tr>
<tr>
<td>Saturday</td>
<td>3 hours</td>
<td>2 hours</td>
<td>2 hours</td>
</tr>
<tr>
<td>Sunday</td>
<td>2 hours</td>
<td>1 hour</td>
<td>2 hours</td>
</tr>
</tbody>
</table>
## We Can! Screen Time Chart

<table>
<thead>
<tr>
<th>Name:</th>
<th>TV</th>
<th>Video Games</th>
<th>Hand-held Devices</th>
<th>Computer</th>
<th>Daily Total</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
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<td>Tuesday</td>
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<td>Sunday</td>
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</tbody>
</table>

We Can! is a program from the National Institutes of Health that offers resources for parents, caregivers and communities to help children 8-13 years old stay at a healthy weight through eating right, increasing physical activity, and reducing screen time.

To learn more, go to [http://wecan.nhlbi.nih.gov](http://wecan.nhlbi.nih.gov) or call 1-866-35-WECAN.

*We Can! Ways to Enhance Children’s Activity & Nutrition, We Can!, and the We Can! logos are registered trademarks of the U.S. Department of Health & Human Services (DHHS).*
ACTIVATE YOUR FAMILY

Physical activity. It helps you right away, no matter what kind you choose. Moving muscles and making your heart beat faster can help you feel better and reduce stress. It can give you more energy and improve your sleep and focus. Staying active over time helps your family members keep healthy weights. It also protects them from heart disease, diabetes, high blood pressure, stroke, and osteoporosis (weak bones). And, there’s more! Kids who are active often do better in school. Establishing an active lifestyle can help your family live longer, healthier lives.

HOW MUCH ACTIVITY DO KIDS NEED?
Kids should get 1 hour or more of physical activity every day. This can be spread out in periods of 10–15 minutes. Physical activity can be moderate or vigorous. Below are some examples of each kind.

Kids should do vigorous activity on at least 3 days each week. (Physical Activity Guidelines for Americans)

<table>
<thead>
<tr>
<th>What is moderate activity?</th>
<th>What is vigorous activity?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Games and sports that are similar to fast walking:</td>
<td>Games and sports that are more intense than fast walking. They make you sweat:</td>
</tr>
<tr>
<td>hopscotch</td>
<td>kickball</td>
</tr>
<tr>
<td>playground play</td>
<td>4 square</td>
</tr>
<tr>
<td>bike riding</td>
<td>Frisbee</td>
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<tr>
<td></td>
<td>swimming</td>
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<tr>
<td></td>
<td>basketball</td>
</tr>
<tr>
<td></td>
<td>jumping rope</td>
</tr>
<tr>
<td></td>
<td>running</td>
</tr>
<tr>
<td></td>
<td>soccer</td>
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<tr>
<td></td>
<td>aerobic dancing</td>
</tr>
</tbody>
</table>

PARENTS ARE IMPORTANT ROLE MODELS!
Don’t forget that adults need to stay active, too! Adults should do 2 hr, 30 min of moderate activity or 1 hr, 15 min of vigorous activity each week. Kids with active families are more likely to stay active as adults. You don’t need to join a gym! Try these ways to enjoy physical activity together as a family:

• Play a game of tag or soccer after school.
• Plan at least 1 fun physical activity together on weekends.
• Involve kids in active chores, like putting away groceries or sweeping.
• Take the stairs when you’re at your favorite museum or library.
• Turn off the TV and take a walk or dance around the house after dinner.

YOUR LOCAL Y CAN HELP
Your Y offers fun physical activities for kids and families to do together. Join us! You can also visit www.ymca.net/healthy-family-home to learn more about having healthy living for families.

For more information
### Real-life challenges...

<table>
<thead>
<tr>
<th>Homework time takes up the majority of the program. We don’t have enough time to offer 30 minutes of physical activity every day.</th>
<th>Incorporate two or three 10-minute physical activity breaks into homework time every day. JAMmin’ Minutes &amp; SPARK ASAP games are great and quick ways to get kids up and moving. Also, consider making any down time during arrival and dismissal inactive time.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Academics are the #1 program priority. It’s hard to fit in health activities when we’re focused on improving reading and math skills.</td>
<td>Brain Breaks &amp; Energizers integrate physical activity with academic content in grade-specific lessons. SPARK and Food &amp; Fun include academic concepts in some activities.</td>
</tr>
<tr>
<td>Parents expect that all homework will be complete when they pick up their kids.</td>
<td>Send home a flyer to families explaining the importance of balancing time for both academics and health at your program. You can support families by offering tips on how to set up a good environment for finishing homework at home.</td>
</tr>
<tr>
<td>Staff only feel comfortable working with kids on homework and academics.</td>
<td>Train staff to conduct activity breaks and frame “academics” more broadly to include health messages. Also, most kids are very active when given time for free play, so teach staff that they don’t have to be PE teachers to get kids active!</td>
</tr>
</tbody>
</table>

### CHECK OUT THESE GREAT RESOURCES!

- **SPARK** is an evidence-based physical activity and nutrition program for Pre-K to 12th grade.  
  [www.sparkpe.org](http://www.sparkpe.org)
- **Energizers** are classroom activities that integrate physical activity with academics.  
- **Brain Breaks** is a physical activity idea book for elementary teachers.  
  [www.emc.cmich.edu/brainbreaks/](http://www.emc.cmich.edu/brainbreaks/)
- **JAMmin’ Minutes** are 1 minute fitness routines kids and staff can do with limited space.  
  [www.jamschoolprogram.com/](http://www.jamschoolprogram.com/)

### NUTRITION & PHYSICAL ACTIVITY BOOKS

- Eating the Alphabet
- Stone Soup
- Johnny and His Mommy
- Salt in His Shoes
- The Best Way to Play
- The Little Red Hen
- Bread is for Eating
- Berenstain Bears and Too Much Junk Food
- I Will Never Not Eat a Tomato
- Berenstain Bears & Too Much TV
**Did you know?**

- Teaching kids to cook can be a great way to reinforce math skills. See the Food & Fun recipe packet for ideas.
- Free play like recess has been linked with better concentration, attention, classroom conduct, and on-task behavior for students.
- The flow of blood and oxygen to the brain, which affects mental clarity, is improved by physical activity.
- Physical activity also boosts connections between nerves in the brain, which helps kids to process information better and stay focused.

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**BALANCING HEALTH & ACADEMIC PRIORITIES**

**REINFORCE ACADEMICS WITH FOOD & FUN!**

**Literacy:** Help kids practice reading & writing skills with these Food & Fun activities:
- I’m Going on a Picnic (Unit 1)
- Active Day Cartoons extension (Unit 2)
- Track the Trans Fats (Unit 4)
- Healthy Steps (Unit 11)

**Foreign languages:** A number of Food & Fun extension can help kids learn new languages:
- Fruit & Vegetable Relays (Unit 1)
- Build a Rainbow (Unit 7)
- Build an Activity Wheel (Unit 9)

**Math:** Kids can practice addition, subtraction, multiplication, and division in these activities:
- Bowling for Sugar Smarts (Unit 3)
- Count It Up (Unit 3)
- Walk Around Town extension (Unit 8)
- Gulp (Unit 10)

**Science:** You can teach kids basic science lessons with these Food & Fun activities:
- Make Flour (Unit 5)
- Parts of the Plant (Unit 7)
- What Happens When (Unit 9)

Find all these activities at www.foodandfun.org

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**CHECK OUT SOME OF THESE SUCCESS STORIES!** At a program with limited space for activity, the site director initiated activity breaks when kids started to get restless during tutoring. He’d snap his fingers and kids would stand up for exercises at their desk or a quick walk around the school. A short exercise break helped the tutoring time get back on track.

One program, which has a strong literacy focus, struggled to offer all kids physical activity every day. The site director decided to schedule two 10-minute breaks during homework time in addition to regular free play for kids to stretch and get physically active. He found that the kids loved the chance to move around after a busy day at school and even noticed they seemed to focus better with the chance to let off some steam.

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