

HEALTHY CHOICES COUNT

FOUR NUMBERS.
ONE AWESOME WAY FOR KIDS TO STAY HEALTHY!



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5-2-1-0 Healthy Choices Count! is helping create healthier environments in schools, early care and out-of-school programs, health care practices, workplaces, and communities — the places where children and their families live, learn, work, and play. It is centered around the common message of 5-2-1-0:

- 5 or more fruits or vegetables
- 2 hours or less of recreational screen time
- 1 hour or more of physical activity
- 0 sugary drinks – drink more water!

October is declared Healthiest State Month in Iowa; we will be working hard to improve nutrition and physical activity environments and adding the 5-2-1-0 behaviors into daily activities. Farm to ECE activities are a great way to get involved in the 5-2-1-0 initiative and you can find resources at www.iowahealthieststate.com/5210 to support your work.

Ringgold County Child Care/Family Resource Center, a 5-2-1-0 Registered Site converted their playground into a Nature Explore Certified Playground with more natural surroundings and nature inspired materials and environment. They believe that this will help their students balance their indoor learning and activities with their outdoor learning and activities. They also incorporate a center garden center to prepare, plant, care for and harvest their own vegetables.



So don't stop the focus on healthy habits after October is over. Sign-up to become a [5-2-1-0 Registered Site](#) to join an important network of sectors working towards healthier environments. Becoming a 5-2-1-0 Registered Site ensures your site will be recognized at state-level presentations, get access to an exclusive 5-2-1-0 newsletter, and makes your site eligible to apply for a future Healthiest State Annual Award.