

9-5-2-1-0 EVERY DAY

For every child where they live, learn, play and grow...

Children should get **9** hours of sleep each night



- ✓ Establish a bed time routine
- ✓ Avoid caffeinated beverages
- ✓ Keep bedrooms free of TV, computer, & electronic game stations

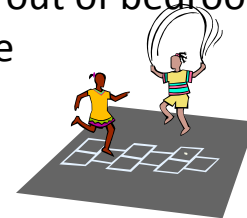
Fill half the plate **.5** with fruits & vegetables each meal

- ✓ Mix it up! Use fresh, frozen, dried & canned
- ✓ Make selecting the fruits & vegetables the main focus
- ✓ Try a new fruit or vegetable each week



Limit TV and other screen time to no more than **2** hours

- ✓ Make a list of all the fun, non-electronic things to do, and do them!
- ✓ Keep TV, computers, and electronic game stations out of bedrooms
- ✓ Establish electronic-free hours as a regular practice



Enjoy at least **1** hour of active play

- ✓ Make a point to have 'active' family time: throw a ball, take a walk, etc.
- ✓ Start and end each week day with activity like stretching, yoga, or walking
- ✓ Allow children to have unstructured time to play outside with friends

Drink **0** sugary drinks



- ✓ Offer water or low-fat/fat-free milk as drinks
- ✓ Limit fruit juice to 1 cup of 100% juice a day (eat the fruit instead)
- ✓ Most other beverages contain sweeteners; read the label before buying
- ✓ Also, remember to keep caffeinated beverages at "0" servings for health!