



5 or more servings of fruits and vegetables

Fruits and vegetables provide children with nutrients, water, fiber, and phytochemicals that help prevent diseases and keep their bodies healthy. As a leader, do what you can to help ensure that children have ample opportunities to eat fruits and vegetables - educate yourself, gather support, and take the necessary steps to create policies and food environments that support fruit and vegetable consumption.

- Establish community gardens, farmers markets, and farm-to-school/farm-to-work partnerships to increase access to fruits and vegetables.
- Use policy to drive pricing incentives that nudge consumers into making fruit and vegetable purchases.
- Create policies for CDCs, child care homes, schools, after-school programs and youth centers that ensure that children have ample opportunities to eat fruits and vegetables in settings where they don't compete with less nutritious foods.

2 or fewer hours of screen time

Screen time is free time spent in front of screens – like televisions, video games, and the internet. It is possible to get enough physical activity and still engage in an unhealthy amount of screen time. The American Academy of Pediatrics recommends NO screen time for children under two years of age.

- Develop a campaign to help educate parents and caretakers about healthy screen time habits – like removing televisions from bedrooms, turning off media during mealtimes, and setting and enforcing limits.
- Create policy to support screen-free environments for young children in CDCs and child care homes, and screen-time limits for children in schools, after-school programs, and youth centers.
- Create environments that naturally discourage sedentary behavior by making it easy and fun for children to be active!

1 or more hours of physical activity

Active play and active transportation give young children opportunities to move their bodies, use their imagination, practice problem solving, engage in social interactions that promote self-awareness and empathy, as well as increase physical fitness. Use your position to increase these opportunities.

- Create policies for CDCs, child care homes, schools, after-school programs and youth centers that ensure that children have plenty of chances to play outside in every season.
- Endorse active fundraisers like walk-a-thons as replacements for food-related fundraisers like selling cookie dough.
- Improve the built environment to promote active play and active transportation – increase children's access to grass fields and playgrounds, expand/improve bike paths and sidewalks, and establish walking school busses.

0 sweetened beverages

It is important to drink fluids to stay healthy, but sweetened beverages add extra sugar and calories to the diet. Your leadership can help make sure that children have access to beverages that support a healthy lifestyle.

- Develop a campaign to make water the norm for quenching thirst and rid children's environments of competing messages.
- Create environments where drinking water is free, available, and accessible at all times and a desirable choice.
- Use policy to drive pricing incentives that nudge consumers into making healthier beverage purchases.

Contact the Clearinghouse for Military Family Readiness at 1-877-382-9185 or www.militaryfamilies.psu.edu for help identifying programs and resources targeting nutrition, physical activity, and screen time!

