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FEATURE

JANUARY

In this 5-2-1-0 Feature, you will learn about:

- Engaging families with healthy habits
- Strategy #8
- Beans



FIND MORE 5-2-1-0 RESOURCES:
www.iowahealthieststate.com/5210

HOW TO HOST A HEALTHY EVENT:

Hosting a Family Fitness Night or Health & Wellness Fair at your site is a great way to share information with families about 5-2-1-0, healthy eating and physical activity. Here are a few tips:

- Invite local health and wellness services to share resources
- Taste test fruits or vegetables or serve healthy snacks
- Set up game/activity stations for families to rotate through

5-2-1-0 Strategies For Success

STRATEGY #8: Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.

- Does your site share or send home 5-2-1-0 materials with parents/families?
- Does your site display information on healthy eating and active living?

BLACK BEAN SALSA:

Adding beans to dips makes a quick snack full of protein:

- 1 can black beans (drained and rinsed)
- 1 1/2 cups frozen corn, thawed
- 1 jar (16 oz.) salsa

Stir together and enjoy with tortilla chips!



BEANS ARE THE BEST!

Dried beans are filled with protein and fiber. Try black beans, chickpeas, kidney beans, lentils, soybeans, pinto beans, navy beans or white beans.

Scan to find posters, learning activities and more Food of the Month resources:



#HealthyChoicesCount