

5 2 1 0 FEATURE OCTOBER

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

- Healthiest State Month Resources
- Strategy #6
- Apples



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

CELEBRATE 5-2-1-0 IN OCTOBER!

October is Healthiest State Month! Each week focuses on one of the 5-2-1-0 habits:

Oct. 4-8: 1 hour of physical activity

Oct. 11-15: 5 or more fruits & vegetables

Oct. 18-22: 2 hours or less of screen-time

Oct. 25-29: 0 sugary drinks - more water!

★★★ Access your FREE Celebration Toolkit here



5-2-1-0 Strategies For Success

STRATEGY #6: Participate in local, state, and national initiatives that support healthy eating and active living

- Does your site/school participate in local, state and/or national initiatives to support healthy lifestyles?

Examples: Healthiest State Month, NAPSACC, Farm to School/Early Care, Fuel Up to Play 60, Hy-Vee KidsFit, Safe Routes to School, Pick A Better Snack + more!

APPLES ARE AWESOME!

Don't forget to eat the skin: It has about half of the apple's fiber plus other important nutrients.



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



[#HealthyChoicesCount](https://www.instagram.com/HealthyChoicesCount)