

5-2-1-Almost None Parent Toolkit



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What is 5-2-1-Almost None?

5-2-1-Almost None is a program offered by Healthy Communities that promotes healthy eating and physical activity.

5-2-1-Almost None helps parents, teachers, and kids remember the recommendations for physical activity and healthy eating.



5 Eat 5 or more servings of fruits and vegetables per day.

A diet rich in fruits and vegetables provides vitamins, minerals, and fiber that are important for supporting growth and development and optimal immune function in children.

- Try and try again. It may take children several tastings (10 or more) before they begin to enjoy certain foods.



2 Limit screen time to two hours or less per day.

Watching too much television is linked to overweight and obesity, lower reading scores, and attention problems.

- The average child watches an average of 5-6 hours of TV per day. Limit overall television, computer and video game time to 2 hours a day, make screen time a reward, not a daily routine.



1 Get one hour or more of physical activity per day.

Physical activity, especially when it gets the heart pumping faster, is vital to maintaining a healthy weight and overall good health.

- Kids who are raised in active families tend to stay active as adults.







0 Drink almost no sugary beverages.

Drink no more than two servings per week of soft drinks, sports drinks, and fruit drinks that are not 100% fruit juice. High sugar intake among children is linked to overweight, obesity, and dental cavities.

- Over the last few decades, soda consumption has doubled for girls and tripled for boys.



5-2-1-Almost None Is Your Kid Healthy?

		Yes	No
 <p>5 I eat 5 or more servings of fruits and vegetables on most days.</p> <p>I eat breakfast most days.</p> <p>I eat dinner with my family, without the TV on, at least 3 times per week.</p>		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
 <p>2 I spend 2 hours or less watching TV, playing video games, and using my computer for things other than school work on most days.</p> <p>I do not have a TV in my bedroom.</p>		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>
 <p>1 I participate in some type of moderate physical activity for at least 1 hour on most days.</p>		<input type="checkbox"/>	<input type="checkbox"/>
 <p>0 I typically do not drink more than 1 sugary drink (soda, sports drinks, energy drinks, fruit drinks that are not 100% juice) per week.</p> <p>I drink fat-free/skim or low-fat milk rather than whole milk.</p>		<input type="checkbox"/>	<input type="checkbox"/>
		<input type="checkbox"/>	<input type="checkbox"/>

Score Yourself!

Add up your score:

Give yourself 1 point for each "Yes" answer

My score is _____

How Am I Doing?

7 - 8 points:
Great work! Keep it up!

5 - 6 points:
Good job, but can you think of ways to score even higher?

Below 5 points:
Remember 5-2-1-Almost None everyday! Add a fruit or vegetable to your child's plate, turn off the TV and encourage your kids to play outside, or drink water and milk instead of sugary drinks.







5-2-1-Almost None Goal Setting Worksheet

How ready you are to make changes to improve your health?

The following information can help you and your provider talk about steps you can take to move toward a healthier lifestyle for you and your family.

On a scale of 0 (not at all ready) to 10 (very ready), how ready are you to consider making a change in the areas below? Please rate your reading to change for each.

 <p>Eat at least 5 servings of fruits and vegetables a day</p> <p><i>My readiness to change in this area is: _____</i></p>	 <p>Limit TV and computer use to two hours or less a day</p> <p><i>My readiness to change in this area is: _____</i></p>	 <p>Get one hour or more of physical activity per day</p> <p><i>My readiness to change in this area is: _____</i></p>	 <p>Drink less sugar</p> <p><i>My readiness to change in this area is: _____</i></p>
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Ideas for change

<ul style="list-style-type: none"> • Try one new fruit or vegetable each week • Add fruit to your cereal • For a snack, eat a vegetable with a dip or a piece of fruit 	<ul style="list-style-type: none"> • Plan out your TV time • Plan your video game and computer time too • Take the TV out of your bedroom • Don't eat in front of the TV 	<ul style="list-style-type: none"> • Take a family walk after dinner • Play your favorite sport with friends • Wear a pedometer and set a goal for the number of steps you take each day 	<ul style="list-style-type: none"> • Drink no soda • Limit fruit and sports drinks • Switch to low-fat or skim milk • Drink more water or milk instead of sports drinks or fruit drinks
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My goal / my child's goal is to:

When I / my child reach the goal, I / my child will be rewarded by:

Child's Signature

Parent or Guardian Signature



Monthly Tracking Sheet

Name _____

Month _____



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5 servings of fruits & vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 hours or less of screen time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 hour of physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Almost None-sugar sweetened beverages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 servings of fruits & vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 hours or less of screen time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 hour of physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Almost None-sugar sweetened beverages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 servings of fruits & vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 hours or less of screen time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 hour of physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Almost None-sugar sweetened beverages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 servings of fruits & vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 hours or less of screen time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 hour of physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Almost None-sugar sweetened beverages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 servings of fruits & vegetables	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 hours or less of screen time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
1 hour of physical activity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Almost None-sugar sweetened beverages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Parent Signature _____

Five or More Fruits and Vegetables

Strive to make sure your child eats at least FIVE or more servings of fruits and vegetables per day!

Fruits and vegetables are essential for a growing child's daily diet. Naturally low in calories and fat, they're a healthy choice anytime. Fruits and vegetables are also full of water and fiber—so they help us achieve and maintain a healthy weight because they fill us up and regulate digestion.

What's more, the phytochemicals (fight-o-chemicals), vitamins, and minerals in fruits and vegetables work together with fiber to benefit your health in many ways. Phytochemicals are what give fruits and vegetables their colors—that's why it's important to eat a variety of colorful produce every day.

*Information from Nemours Health & Prevention Services.

What is a serving?

1/2 cup chopped fruit/veg

1/4 cup dry fruit

1/2 cup fruit/veg juice

1 cup leafy greens

1 whole fruit

See how colorful you can make your plate! Try some fruits and vegetables like these:



Red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries, pomegranates, tomatoes



Carrots, summer squash, corn, sweet potatoes, butternut squash, pumpkin, yellow peppers, rutabagas, cantaloupe, grapefruit, lemons, nectarines, oranges, peaches, pineapples, tangerines, apricots, mangoes, and papayas



Leafy greens, asparagus, green peppers, broccoli, green beans, peas, cabbage, green onion, brussel sprouts, okra, zucchini, green apples, green grapes, honeydew melon, kiwifruit, and limes

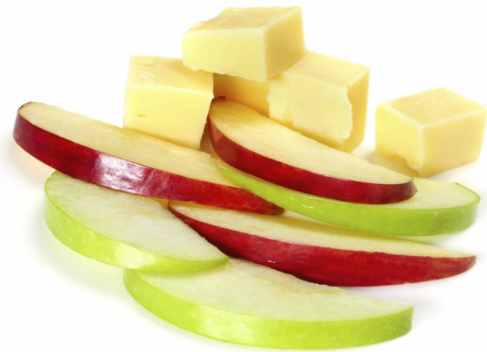


Eggplant, purple grapes, plums, raisins, blueberries, blackberries, purple figs, dried plums, and black currants

Tasty Snack for Healthy Kids

Some Preparation Required:

- **Veggies & Dip:** veggie sticks served with hummus, low fat salad dressing, or other low fat dip
- **Vegetable Sticks with Spread:** veggie sticks with 2 tablespoons peanut butter or low fat cream cheese
- **Snack Kabobs:** veggie or fruit chunks skewered onto thin pretzel sticks
- **Sweet Potato Fries:** baked sweet potato wedges, tossed lightly w/olive oil and salt
- **Low Fat Cottage Cheese or Yogurt with Fruit and/or Granola:** try using fresh grapes, berries, or canned peaches
- **Apple Treats:** sprinkle apple chunks with cinnamon and/or raisins or granola, then mix in 1 tablespoon peanut or almond butter
- **Homemade Popsicles:** made with 100% fruit juice or low fat yogurt
- **Chips & Salsa:** use whole grain baked pita chips or baked tortilla chips.
- **Taco Roll-up:** small whole wheat tortilla rolled w/low fat cheese, beans & salsa
- **Turkey Roll-up:** lean turkey slice rolled up with low fat cheese
- **Mini Pizzas:** toast pita bread or half of a whole wheat English muffin w/tomato sauce, cheese, and chopped vegetables
- **Mini Bagel with Spread:** try 1 tablespoon light cream cheese, peanut butter, or hummus
- **Mini Sandwiches:** use 1 slice whole wheat bread, pita bread, or several whole grain crackers. Fill or top with: peanut butter & jelly or low fat cheese & cucumber slices.



Tasty Snacks for Healthy Kids

No Prep Snacks:

- **Whole Fruit:** grapes, apples, bananas, etc.
- **Fruit Salad:** 1/2 cup store-bought, fresh fruit, unsweetened canned fruit, or snack cup
- **Frozen Fruit:** 1/2 cup berries, etc.
- **Dried Fruit:** 1/3 cup
- **Apple Sauce:** 1 snack cup (unsweetened)



- **Nuts:** 1/3 cup of nuts such as almonds, peanuts, cashews, or mixed nuts
 - **Cheese:** low fat string cheese, or 2 slices low fat cheese (like Cabot Creamery)
 - **Yogurt:** 1 squeezable low fat yogurt (like Stonyfield Farm™), or 1 low fat yogurt container (6 oz.)
 - **Pudding:** 1 nonfat or low fat snack cup
 - **Granola/Fruit Bar:** 1 low fat, whole grain bar
 - **Cereal:** 1 cup whole grain cereal (like Cheerios™ or Multigrain Chex™)
 - **Trail Mix:** 1/3 cup made with nuts, seeds, low fat granola, and dried fruit
- **Pretzels:** about 20 tiny twists
 - **Popcorn:** 2 cups “light” microwave popcorn (without butter)
 - **Baked Chips:** (like Frito-Lay™ potato chips or Doritos™)
 - **Cookies:** Frookie Animal Frackers™ (10-15 cookies) or 3 Fig Newtons™ , Teddy Grahams™ (1 snack pack or 24 grahams)
 - **Fruit Smoothies:** store-bought (like Silk™ or Stonyfield™ brand) or homemade with fresh or frozen fruit and low fat milk or yogurt



Breakfast Is Best!

Boost Energy and Brain Power

Why eat breakfast every day?

- It will give you the energy you need to start your day.
- It is “fuel” for the body!
- It can help you do better in school!
- It can help you feel and act your best!
- It can help with weight control and keep you healthy!

Not hungry in the morning?

Start small... try:

- a cup of low fat fruited yogurt
- a piece of fruit such as a banana, orange or apple
- a bowl of cereal with low fat milk
- a slice of toast with peanut butter and a glass of low fat milk
- half of a toasted English muffin with a slice of low fat cheese
- trail mix of raisins, nuts and cereal



A Meal is a Family Affair

In such a busy world, mealtimes often revolve around our lifestyles. As a result of this, we miss meals or eat foods that are not the best for our bodies. Did you know that experts have found that kids who eat regularly with their families are more likely to eat fruits, vegetables, and whole grains? So, no matter how busy life may seem, it's important to make family meals a priority.



To get started, try some of these ideas:

- Choose a time when everyone can enjoy at least one meal together—it may be breakfast, lunch, or dinner.
- As the parent, you should decide what time meals are served and what the choices are. Your children can then decide what to eat and how much.
- Include your children in preparing the meal and turn off the TV.



2 Hours or Less of Screen Time

The American Academy of Pediatrics says children under 2 years old should **not** watch any television, and older children should keep screen time to under 2 hours a day. Screens include TVs, computers, cell phones, and video games.

Why reduce screen time?

- Early childhood is an important time for children to learn and develop the skills they need to grow up healthy.
 - TV can get in the way of exploring, learning, and spending time interacting with parents and others.
- Children need a lot of physical activity a day to be happy and healthy.
 - The more time a child spends in front of a screen, the more likely they are to become overweight, and the less time they are spending outside being active.
- Children often eat unhealthy food when watching TV.
 - Children often snack on high calorie, high fat, and/or salty foods when eating in front of the TV.
- Television advertising affects children's food choices.
 - Most on-screen advertisements that specifically target children are for candy, cereal, and fast food. Children as young as 14 months of age will imitate what they see on TV.



**LIVE
OUTSIDE
THE
BOX**

TV Alternatives

Turning off the television means more time for your kids to be active. These activities are great outdoors, and some can be done indoors on rainy days.

1. Walk to the library
2. Have a picnic
3. Jump rope
4. Walk around the block
5. Watch the sunset
6. Play Frisbee
7. Fly a kite
8. Organize a scavenger hunt
9. Play basketball
10. Build an obstacle course
11. Play flag football
12. Do 50 jumping jacks
13. Skip
14. Go skateboarding
15. Play catch with friends
16. Play hopscotch
17. Blow bubbles
18. Draw pictures with chalk
19. Play follow the leader
20. Play tag
21. Go to the park
22. Play "Red Light Green Light"
23. Play Simon Says
24. Play Duck Duck Goose



Family Activities

Obstacle Course: Use normal household items to make an obstacle course, such as chairs, pillows and pots and pans. Set up the obstacle course in your house or outside and make up rules for each item, such as "hop on one foot around the chair." Have your children think of different challenges they could do for each obstacle.

Make and Play with Play Dough:

2 cups flour
1 cup salt
2 cups water
2 Tb oil
4 tsp cream of tartar
Optional food coloring

Combine all the ingredients in a pot and heat for a couple minutes until it starts to dry up and form a ball. Store in a zip-lock bag or container, and add a little water if dry.

Take It Outdoors

Here are 10 reasons why kids need to get outside and play!

- ⇒ **Strong bones and lower cancer risk:** Today's "indoor kids" don't get enough sun and are becoming Vitamin D deficient, causing health risks.
- ⇒ **Trimmer and more healthy kids:** An hour of play a day is what doctors say is a basic tool to ward off childhood obesity and diabetes.
- ⇒ **Improved eyesight:** Recent studies find that kids who get outdoor time have less nearsightedness and need for eye glasses.
- ⇒ **Less depression and hyperactivity:** Outdoor time in a natural setting (even tree-lined streets) soothes kids and lowers their need for medication.
- ⇒ **Longer attention span:** Children who stare at TV and video games all day have less patience and shorter attention spans.
- ⇒ **Better at making friends:** Children playing together outdoors relate directly with one another, create games together and improve their "people" skills.
- ⇒ **More creative:** Outdoor kids are more likely to use their own imaginations, inventions and creativity while playing.
- ⇒ **Less "acting out":** Getting kids away from TV violence and video games helps them see that violent behavior does not always solve problems.
- ⇒ **Measurably better grades in school:** The healthy bodies and minds that come with outdoor play are better able to do well in school.
- ⇒ **A longer lifespan and healthier adult life:** Doctors estimate that sedentary and obese children lose three to five years from their life expectancy.



Take it Outside
Iowa Department of Natural Resources

National Screen-Free Week

Screen Free Week is a national campaign launched in 1994 that encourages children and adults to watch less television and to actively engage in life. Although National Screen Free Week occurs every year in May you can still host your own screen free week at home anytime!

Purpose: To think about the role of television, why we use it, and how and what for. To assess its impact on students, teachers, parents, children, individuals, and communities.

How: Simply switch off or unplug your TV set for seven days and engage in screen-free activities.

Who: Individuals, children, families, students, and other groups.

Where: In your homes, schools, libraries, businesses, and congregations.



“How To” websites on reducing screen time:

www.commercialfreechildhood.org
www.screenfree.org

1 Hour or More of Physical Activity

Physical activity is any movement that uses energy. It doesn't have to be 1 full hour at a time – it can be 10-minute blocks throughout the day!

Daily physical activity

- Increases heart health
- Increases capacity for learning
- Helps to control weight and prevent chronic disease
- Builds and maintains healthy bones, muscles, and joints
- Boosts energy and promotes sound sleep
- Reduces feelings of stress and anxiety
- Increases self-esteem and feelings of happiness

In addition to improving their health, being physically active helps kids to develop skills like

- Goal setting and achievement
- Getting along with others
- Leadership
- Teamwork



Information from Nemours Health & Prevention Services.
www.GrowUpHealthy.org

Be Physically Active Every Day!

- Have a 1 hour rule for inactivity at your house. Don't allow children to sit for more than 1 hour without moving.
- Use a safe route to walk or bike to your friends house.
- Encourage play before and after mealtimes.
- Play with your children.
- Get the whole family involved! Jump rope, play hop scotch, walk around the block or ride bikes together.
- Play after you finish school work or homework.
- Play outdoor games like kickball, tag, kick-the-can, four-square and more.
- Play with your pet or take your pet along for a family walk.



Tips to make it easier:

- Make gradual changes each day to increase your activity.
- Keep it fun! Do activities that you enjoy and encourage your kids to do the same.
- Be consistent. If you decide to have a 1 hour rule or set aside a specific time for activity, stick to it!



Almost no sugary beverages

What is the big deal?

- **Kids today are drinking too much soda.** Soda consumption has more than doubled since 1971. The average teenage boy drinks more than 700 cans per year and the average teenage girl drinks more than 500 cans per year.
- **Sugary drinks can cause tooth decay.** Sugary drinks pose a risk for cavities due to their high sugar content and can also erode tooth enamel because of their acidity.
- **Kids need healthy food and drinks that make their bodies strong.** Sugary drinks do not have nutrients that children need to grow strong bodies.
- **We want our kids to have a healthy weight.** Researchers have linked the daily consumption of even one sugary drink to a 60% increase in the risk of unhealthy weight. With their extra calories, sugary drinks should be considered the same as a dessert food—something to save for special occasions.

Tips for making the switch to less sugary beverages easier!

- **Change what you drink with meals.** Let your children choose between water, fat-free or 1% milk, or 100% juice during mealtime and snacks.
- **Start at home.** When shopping, buy healthy drinks instead of sugary drinks.
- **Support your kids when they make healthy choices.** If they ask for water or milk instead of sugary drinks, cheer them on.
- **Water with a twist.** Make your drink 1/2 juice and 1/2 water or sparkly water. Add a lemon or lime wedge for flavor.
- **When thirsty, think water.** Keep water on hand to quench your thirst when you are out and about to avoid grabbing those convenient but sugary drinks.
- **The ultimate challenge.** Limit sugary drinks for each person in the family to one or two a week.

Information from Nemours Health & Prevention Services.

Why Water?

Water is a great, calorie-free way to satisfy your thirst.

Water makes up 60% of your body weight and plays a vital role in the functioning of your body.

Water:

- Carries nutrients to cells
- Protects organs
- Regulates body temperature
- Moistens tissues and lubricates joints
- Helps flush out waste

Water is a great choice because it's calorie free and readily available!

- Tap water contains essential nutrients that are often filtered out of bottled water.
- Tap water also has fluoride which helps prevent dental cavities.
- Bottled water produces up to 1.5 million tons of plastic waste per year.



Water Tips:

- Keep yourself hydrated and care for the environment: Carry a refillable, reusable water bottle with tap water in your backpack, gym bag or on your bike.
- Get in the habit of drinking water during the day.
- Drink water before, during and after exercise, games or practice.

