

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. Pick a better snack™ was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. www.idph.iowa.gov/inr/pick-a-better-snack

PLAY YOUR WAY!

one hour a day!



5-2-1-0 Healthy Choices Count!

Did you make a New Year's resolution? If you're like many others who participate in this tradition each January, you made a goal to improve your health. **5-2-1-0 Healthy Choices Count** can help! It's an initiative to help children (it's good for adults, too) develop good habits. Each number in the name stands for a health-related goal to strive for each day:

- **5** = Eat 5 or more servings of fruits and vegetables.
- **2** = Keep recreational screen time to under 2 hours.
- **1** = Be active at least one hour a day.
- **0** = Limit sugary drinks. Choose water.

Change is not easy for most people. Try starting small and replacing an old behavior with a new behavior that is healthy – and enjoyable. For ideas and tips to meet your goals, go to www.iowahealthieststate.com/5210.

Take in the Sunshine

Getting outdoors and breathing in fresh air is important year round, not just in the spring and summer. Does going out in the cold and snow feel a bit daunting? Putting on the hats, mittens, and boots can feel like a lot of work, but it makes the cold temperatures more tolerable.

Try heading out on a sunny day; the sunshine is often an instant mood booster. If you're really struggling, set a timer for 20 minutes and agree to stay out that long. Often everyone is having so much fun when the buzzer goes off, you won't even want to go back in just yet!



Fuel
your
fun.
Eat fruits
and veggies.



Pick a better snack™

Winter Squash



- Warm up with winter squash! It grows in Iowa and is in the gourd family. It's different from summer squash in that it has a hard outer skin, called the rind, that is not eaten.
- Be a brave taster (like we say with the kids in class) and try different kinds of squash.
- Learn how to cut and cook squash from ISU Extension Spend Smart. Eat Smart. (<https://bit.ly/3vz2Kbb>).
- Don't worry about not using it right away; whole, uncut squash will keep in a cool, dark place for a month or longer.
- Enjoy the convenience of canned pumpkin. It's good for baking or can be mixed with vanilla yogurt and topped with granola for a snack.

