



5 or more servings of fruits and vegetables

Making good choices when you're at the commissary can set your family up for a week of healthy eating! For some people, creating a menu before grocery shopping is a helpful way to try out new recipes, incorporate more fruits and vegetables in the diet, create a more accurate shopping list, and ensure that less produce goes to waste.

- Vary your vegetables and fruits - eating a mix of colors will ensure that you consume a variety of healthy antioxidants!
- Coupon clipping can be a great way to save money – but don't let the availability of a coupon derail you from making healthy choices! Look for fruit and vegetable specials offered at your local commissary.
- Frozen produce can contain more nutrients than out-of-season fresh produce, often lacks the salt found in canned foods, doesn't spoil, and can be added to anything from omelets to soups to casseroles—so stock up!

2 or fewer hours of recreational screen time⁺

⁺review guidelines on parenting strategies to ensure quality screen time (AAP, 2015)

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 – so encourage your family to find other fun ways to spend their free time!

- Turn off televisions and put away cell phones during meals and enjoy spending time with friends or family.
- Work with your children to identify a variety of activities they enjoy that do not involve screens. Encourage these activities during leisure time and serve as a role model.
- Make televisions, video games, and the internet less convenient to use during free time so that healthier choices are easier to make.

1 or more hours of physical activity

Moving your body is a great way to burn calories, improve your mood, boost your energy, prevent cancer and cardiovascular diseases, and help you sleep better at night – plus, it's easy to sneak a few minutes of physical activity into your schedule at the commissary!

- When you only have a few items on your shopping list, consider walking or riding your bike to the commissary.
- Build a few extra minutes of physical activity into your day by choosing a far-away parking spot.
- When you get home, turn on your favorite music and have a dance party while you put away your groceries!

0 sweetened beverages

It is important to drink fluids to stay healthy, but sweetened beverages add extra sugar and calories to your family's diet. The commissary is the perfect place to check out a beverage's ingredient list so you can make informed purchases.

- Avoid buying drinks with the following ingredients: sugar, honey, sweetener, syrup (e.g., corn syrup, brown rice syrup), and/or ingredients ending in "ose" (e.g., glucose, dextrose).
- Consider purchasing sparkling water, lemons to slice and add to still water, or a box of fruity herbal tea to drink hot or iced – they're all tasty, calorie-free alternatives to plain water!
- Nonfat and 1% milk and 100% fruit and vegetable juices contain beneficial nutrients and also calories, so think of them as foods that contribute towards your family's diet.

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!

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