



How Restaurants May Support 5210 Healthy Children

5210 Healthy Children is a community-wide plan to improve child health. It spreads a common message throughout children's communities, where families work, live, and play. The message represents four healthy behaviors children should achieve each day:



5 or more servings of fruits and vegetables

2 or fewer hours of recreational screen time⁺

1 or more hours of physical activity

0 sweetened beverages

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

Restaurants are components of the community food environment that children may be exposed to, and therefore it is important that families have information and skills to make the best choices at these locations. The resources assembled in this toolkit are designed to support restaurant patrons in making healthy eating and drinking decisions.

The following materials are available for restaurants:

1. **Tips At Restaurants handout** – targets restaurant patrons, and provides them with restaurant-specific tips to increase fruit and vegetable consumption and decrease sweetened beverage consumption.
2. **Tips At Restaurants posters** - enlarged versions of the Tips At Restaurant handout are available in two sizes (27" x 40" and 38" x 56") to hang in highly-visible locations.
3. **Definitions & Recommendations handout** – explains the 5210 message and its research basis.

We recommend hanging the poster in highly-visible locations at or near restaurants and placing the handouts in high-traffic areas such as at cash registers, on dining trays, and on dining tables. Digital versions are available and may be inserted into newsletters and uploaded to websites and via social media.

For more information, visit the Clearinghouse for Military Family Readiness at Penn State online at www.militaryfamilies.psu.edu or call 1-877-382-9185. We will be happy to answer your questions!



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