



5 or more servings of fruits and vegetables

Fruits and vegetables can provide youth with a lot of nutrients, water, fiber, and phytochemicals that help prevent diseases and keep their bodies healthy. There are many programs for community settings that are designed to increase youth fruit and vegetable consumption – contact the Clearinghouse for Military Family Readiness at 1-877-382-9185 to identify programs to meet your needs!

- Help youth identify fruits and vegetables they like – arrange a trip to a grocery store or farmers’ market and conduct a taste-test.
- Consider overseeing a gardening or cooking club where youth can learn skills to help them include more vegetables and fruits in their diet.
- If you serve snacks to youth at the Center, feature a variety of fruits and vegetables!

2 or fewer hours of recreational screen time⁺

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

Recreational 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.

- Work to foster youth’s love for music and dancing, reading, making art, exploring the outdoors, interacting with others, building and creating, and imagining.
- Create hype around screen-free activities, ensure that popular screen-free choices are always available, and swap traditional video games with active-play video games.
- Promote national Screen-Free Week, which is usually in early May. See www.screenfree.org for details.

1 or more hours of physical activity

Active play time is important for lots of reasons: it gives youth opportunities to move their bodies, use their imagination, practice problem solving, and engage in social interactions that promote self-awareness and empathy. Plus, it increases physical fitness!

- Create spaces where youth may play outside in every season! Ensure access to playgrounds, grass fields, and portable equipment like balls.
- Organize team games or field days that give everyone a chance to be active, no matter their athleticism.
- Arrange activities to maximize active time and reduce time spent observing others or waiting for a turn.

0 sweetened beverages

It is important to drink fluids to stay healthy, but sweetened beverages add extra sugar and calories to the diet. Watch out for 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).

- Make water the norm for quenching thirst – drink water when you are thirsty, and offer water to thirsty youth.
- Ensure that free drinking water is always available and easily accessible at the Center.
- Give youth healthy choices by opting not to make sweetened beverages available at the Center. Sparkling water, still water with slices of lemon, and fruity herbal iced teas make fun alternatives to plain water.

Contact the Clearinghouse for Military Family Readiness at 1-877-382-9185 or www.militaryfamilies.psu.edu for help identifying community-based programs targeting nutrition, physical activity, and screen time!