



How Cafeterias 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)

Cafeterias can be important components of the food environment, whether on campuses, in hospitals, in the workplace, or in schools. The people they serve may be leaders, role models, and parents of youth, or youth themselves. Therefore, when cafeterias prioritize and encourage healthy eating and drinking, they support children and the influential adults who can model and promote healthy behaviors for children. With that in mind, the resources assembled in this toolkit are designed to help cafeterias encourage healthy eating and drinking and provide ideas for their patrons to promote healthy behaviors in their families and community.

The following materials are available for cafeterias:

1. **Tips At Cafeterias handout** – targets adult cafeteria patrons, and provides them with cafeteria-specific tips to increase fruit and vegetable consumption, and decrease sweetened beverage consumption.
2. **Tips At Cafeterias posters** – enlarged versions of the Tips At Cafeterias 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.
4. **Smarter Workplace Cafeterias handout** – targets the cafeteria rather than its patrons, and includes tips for creating a food environment that nudges patrons into making healthier decisions.
5. **Be Choosey In The Dining Hall handout** – a handout from the USDA Choose MyPlate website with ideas for making the healthiest choices at cafeterias.

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

For more information, visit 5210 online at www.5210.psu.edu or email us at 5210@psu.edu. We will be happy to answer your questions!



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