



How On-Installation Eateries May Support 5210 Healthy Military Children

5210 Healthy Military Children is a Military-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)

On-installation eateries are components of the Military food environment to which children may be exposed; therefore, it is important that Military families have information and skills to make the best choices at these locations. The resources assembled in this toolkit are designed to support the patrons of on-installation eateries in making healthy eating and drinking decisions.

The following materials are available for on-installation eateries:

1. **Tips At On-Installation Eateries handout** – targets on-installation eatery patrons and provides them with restaurant-specific tips to increase fruit and vegetable consumption and decrease sweetened beverage consumption.
2. **Tips At On-Installation Eateries posters** – includes enlarged versions of the Tips At On-Installation Eateries handout that 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 on-installation eateries 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 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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