



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 after-school and 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 – visit the grocery store or farmers' market and conduct a taste-test.
- Plan sessions that give youth skills to help them include more fruits and vegetables in their diet – grow a garden, demonstrate how to prepare (e.g., wash, peel) different fruits and vegetables, practice simple recipes, and assemble a cookbook. Consider creating a cooking club or hosting an event where youth can show off all they have learned.
- If you serve snacks during program time, 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 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.

- Offer screen-free, after-school programming.
- Work to foster youth's love for music and dancing, reading, making art, exploring the outdoors, interacting with others, building, creating, and imagining.
- Promote National Screen-Free Week, which is usually in early May (see www.screenfree.org for details). Help youth track their screen time and challenge them to reduce it.

1 or more hours of physical activity

Active play time is important for many 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!

- Give youth time to 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 during after-school programming.
- Give youth healthy choices by opting not to make sweetened beverages available during after-school programming. Sparkling water, still water with slices of lemon, and fruity herbal iced teas make fun alternatives to plain water.

Contact 5210 at 5210@psu.edu or www.5210.psu.edu for help identifying programs and resources targeting nutrition, physical activity, and screen time!

References

- Brown, A., Shifrin, D.L., & Hill, D.L. (2015). Beyond turn it off: How to advise families on media use. *American Academy of Pediatric News*, 36(10), 1-1.
- Burdette, H. L., Whitaker, R. C., & Daniels, S. R. (2004). Parental report of outdoor playtime as a measure of physical activity in preschool-aged children. *Archives of Pediatrics and Adolescent Medicine*, 158(4), 353-357.
- Ginsburg, K. R. (2007). The importance of play in promoting healthy child development and maintaining strong parent-child bonds. *Pediatrics*, 119(1), 182-191.
- Gortmaker, S., Long, M., & Wang, Y. C. (2009). *The negative impact of sugar-sweetened beverages on children's health*. Retrieved from <http://www.rwjf.org/en/research-publications/find-rwjf-research/2009/11/the-negative-impact-of-sugar-sweetened-beverages-on-children-s-h.html>
- Heyman, M. B., & Abrams, S. A. (2017). Fruit Juice in Infants, Children, and Adolescents: Current Recommendations. *Pediatrics*, e20170967.
- Muckelbauer, R., Libuda, L., Clausen, K., Toschke, A. M., Reinehr, T., & Kersting, M. (2009). Promotion and provision of drinking water in schools for overweight prevention: Randomized, controlled cluster trial. *Pediatrics*, 123(4), e661-e667.
- National Association for Sport and Physical Education. (2009). *Active start: A statement of physical activity guidelines for children from birth to age 5*. Retrieved from <http://www.aahperd.org/naspe/standards/nationalGuidelines/ActiveStart.cfm>
- Nicaise, V., Kahan, D., & Sallis, J. F. (2011). Correlates of moderate-to-vigorous physical activity among preschoolers during unstructured outdoor play periods. *Preventive Medicine*, 53(4), 309-315.
- Office of Disease Prevention & Health Promotion, U.S. Department of Health and Human Services. (2008). *2008 Physical activity guidelines for Americans*. Retrieved from <http://www.health.gov/paguidelines/guidelines/default.aspx>
- Popkin, B. M., Armstrong, L. E., Bray, G. M., Caballero, B., Frei, B., & Willett, W. C. (2006). A new proposed guidance system for beverage consumption in the United States. *American Journal of Clinical Nutrition*, 83(3), 529-542.
- Robinson-O'Brien, R., Story, M., & Heim, S. (2009). Impact of garden-based youth nutrition intervention programs: A review. *Journal of the American Dietetic Association*, 109(2), 273-280.
- Screen-Free Week (2014). *Screen-Free Week*. Retrieved from <http://www.screenfree.org/>
- Winston, C., & Beck, L. (1999). Phytochemicals: Health protective effects. *Canadian Journal of Dietetic Practice and Research*, 60(2), 78-84.