



## 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 diets.
- If you serve snacks to youth at the Center, feature a variety of fruits and vegetables!

## 2 or fewer hours of recreational screen time<sup>+</sup>

<sup>+</sup>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.

- Work to foster youth’s love for music and dancing, reading, making art, exploring the outdoors, interacting with others, building, 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](http://www.screenfree.org) for details.

## 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!

- 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](http://www.militaryfamilies.psu.edu) for help identifying community-based programs targeting nutrition, physical activity, and screen time!

## References

- American Academy of Pediatrics. (2013). Policy statement: Use and misuse of fruit juice in pediatrics. *Pediatrics*, 107(5), 1210-1213.
- 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>
- Mills, A., Rosenberg, M., Stratton, G., Carter, H. H., Spence, A. L., Pugh, C. J. A., Green, D. J., & Naylor, L. H. (2013). The effect of exergaming on vascular function in children. *The Journal of Pediatrics*, 163(3), 806-810.
- 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.