



5 or more servings of fruits and vegetables

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

- Create a Student Nutrition Action Committee or give students chances to participate in advocacy-based efforts to improve their school or community nutrition environments.
- In the cafeteria, place the nutrient-dense entrées ahead of other entrées, create a convenience line for healthier items, prompt students to take a piece of fruit, and display whole fruit with contrasting colors in attractive bowls.
- Use nutrition lessons to meet standards in core subjects like math, science, and health – track daily servings, set goals, grow a garden, and design healthy snacks!

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.

- Promote National Screen-Free Week, usually in early May, as a school event. See www.screenfree.org for details.
- Help educate parents about healthy screen time habits – like removing televisions from bedrooms, turning off media during mealtimes, and setting and enforcing limits.
- Help adolescents identify alternate activities they enjoy, like drama, band, student leadership, and community service.

1 or more hours of physical activity

Activity is important for many reasons: it gives adolescents opportunities to move their bodies, become more physically fit, practice problem solving, build self-confidence, and engage in social interactions that promote self-awareness and empathy.

- Examine the physical education curriculum and make improvements to ensure that youth spend as much time as possible being active and not waiting in lines.
- Replace food-related fundraisers, like selling cookie dough, with active fundraisers, like walk-a-thons.
- If there is a lot of competition for placement on a school sport team, consider establishing intramural or club sport opportunities so all interested students can be active!

0 sweetened beverages

It is important to drink fluids to stay healthy, but sweetened beverages add extra sugar and calories to the diet. Sweetened beverages, which are allowed for sale to middle/ high school students, include flavored nonfat milk and beverages with up to 40 calories per 8oz or 60 calories per 12oz. The USDA urges school districts to “exercise caution” when selecting items to sell to students.

- Ensure easy access to free drinking water that is desirable to drink. Check the fountains and clean or replace them, if necessary. Consider adding hydration stations and providing students with reusable water bottles to fill at the stations.
- Make water the norm for quenching thirst – lead by example and drink water when you are thirsty.
- Opt not to sell sweetened beverages on school grounds. Or, make unsweetened beverages more visible and convenient to purchase to nudge students toward healthier options.

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

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