



October

FEATURE: 2022 Edition



Here is how you can put 5-2-1-0 into action this month:

ZUCCHINI PIZZA BOATS

Ingredients

- 2 or 3 zucchinis
- ½ cup marinara sauce
- ½ cup mozzarella cheese, shredded
- 2 tablespoons parmesan cheese

Directions

1. Heat oven to 350 degrees.
2. Trim the zucchini ends and cut each in half lengthwise. Use a spoon to scrape out soft, seedy center.
3. Place the zucchini in a small baking dish. Spoon pasta sauce into the zucchinis. Top with cheese.
4. Bake for 25 to 30 minutes. Serve warm.

Source: Food Hero



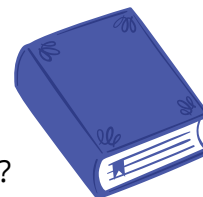
WALKING SCHOOL BUS

Celebrate Walk to School Day with a walking school bus. What is a walking school bus? A group of students walking to school with one or more adults. Walking school buses are safe and fun! Invite families who live nearby to walk with you. Stick to areas that feel safe. Pick a path with sidewalks and plenty of room to walk. Try to avoid areas with lots of traffic. Rather ride? Create a bicycle train instead.

Source: National Center for Safe Routes to School

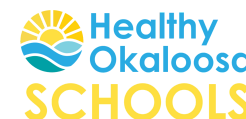
CHECK THIS OUT

Go on an adventure at your local library. At the library you can access tons of resources for free. Okaloosa has six public libraries. The best part? Your library card works at all of them.



Source: OCPLC

The 5-2-1-0 Feature
is brought to you by:



SHARE YOUR 5-2-1-0 FUN
ON SOCIAL MEDIA:
#HealthiestWeightFL

FIND MORE 5-2-1-0 RESOURCES: <https://bit.ly/HealthyOkaloosa5210>

DEADLY EXPERIMENTS

Are e-cigarettes, e-cigs, mods, vape pens, vapes, or tank systems safe? The short answer is no. The ingredients in these products are not tested for safety. Don't let the tobacco industry test their products on you. Some manufacturers put harmful chemicals in them. Some manufacturers labeled their products with false information. It is hard to know what is really in their products.



Source: American Cancer Society

ORGAN WORD SEARCH

Find the word in the puzzle. Words can go in any direction. Words can share letters as they cross over each other.

Q	G	J	Y	Y	E	Q	I	U	S
M	O	W	Q	T	Y	F	H	H	G
B	L	A	D	D	E	R	E	N	N
W	F	U	Y	Y	S	A	I	W	U
B	B	V	D	Q	R	K	R	D	L
R	R	T	X	T	S	S	B	G	R
O	E	A	S	Y	E	N	D	I	K
A	G	V	I	E	R	H	C	T	V
A	Y	C	I	N	J	T	R	L	Y
A	P	S	Y	L	C	L	L	S	L

Bladder

Brain

Eyes

Heart

Kidneys

Liver

Lungs

Skin

Stomach

FOR THE LOVE OF CANDY



Everyone has bacteria in their mouth. Bacteria loves to eat sugar. When they eat the sugar they create acid. That acid makes your teeth weak and can cause cavities.

Source: Mouth Healthy

RESOURCES MENTIONED IN THIS NEWSLETTER



[Zucchini Pizza Boats](https://bit.ly/3RcYGIR): <https://bit.ly/3RcYGIR>

[Walking School Bus](https://bit.ly/3bOtdfT): <https://bit.ly/3bOtdfT>

[Check This Out](https://bit.ly/3P62BFB): <https://bit.ly/3P62BFB>

[Deadly Experiments](https://bit.ly/3AMCjED): <https://bit.ly/3AMCjED>

[For the Love of Candy](https://bit.ly/3P4DRO0): <https://bit.ly/3P4DRO0>