



# January

## FEATURE: 2023 Edition



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

### DRINK MILK

Growing bodies need nutritious foods. Your body needs Vitamin D and calcium to build strong bones. Milk can be a good source of calcium and vitamin D. Milk can come from a cow or from plants. Soy, oat, rice, coconut, cashew, and almond milks are good choices too. Choose unsweetened milks with no added flavors. Flavored milks often have added sugar. Your body does not need added sugars. Children ages 4-8 should consume 2 ½ cups of dairy each day. Ages 9 and older should consume 3 cups of dairy each day.



Source: CDC & USDA

### MOVE TOGETHER

Join your children when they are being active. Hop, crab-walk, stomp, slither, and leap through the living room. Older children may enjoy more advanced movement. Try playing catch, shooting hoops, walking, or jogging along with them. Everyone should aim to be active for 60 minutes every day. Every minute of movement counts.



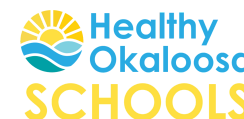
Source: UNL

### LEARN LANGUAGE

Language is the way we communicate with one another. We learn by reading, listening, and doing. We learn through the use of language. Reading helps grow language skills. Make reading part of your family routine.

Source: AAP

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



SHARE YOUR 5-2-1-0 FUN  
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**#HealthiestWeightFL**

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

## POPCORN TREATS

Popcorn is a whole grain food. That makes this recipe a great snack for everyone. A crunchy and sweet treat, enjoy this snack by yourself or double the recipe and share it with your friends.

### Ingredients

- 2 tablespoons margarine (melted)
- 5 cups popcorn (popped)
- 3/4 cup raisins
- 1 cup shredded wheat (bite-size)
- 1 tablespoon sugar
- 1 1/4 teaspoons cinnamon



### Directions

- Pop the popcorn.
- Mix popped corn, raisins, and cereal in a large bowl.
- Mix sugar and cinnamon in small dish.
- Drizzle melted margarine over mixture.
- Add sugar and cinnamon mixture.
- Shake or stir until all ingredients are evenly distributed.

Source: USDA

## NEW YEAR'S RESOLUTION

The start of a new year is a great time to work on new, healthy habits. Making New Year's resolutions can be a fun way to do this. Working together can help turn these resolutions into long-lasting habits. Here are some resolution ideas to help you get started:

- I will drink water each day.
- I will exercise at least three times a week.
- I will put on sunscreen and wear a hat and sunglasses when possible.
- I will always wear a helmet when riding a bike, scooter, or skateboard.
- I will help others that are having a hard time by talking with them and inviting them to join activities.
- I will save time to read for fun every day.
- I will eat two servings of fruit and two servings of vegetables every day.
- I will get 8 to 10 hours of sleep each night.
- I will resist peer pressure to try drugs, alcohol, smoking, or vaping.

Source: AAP

## RESOURCES MENTIONED IN THIS NEWSLETTER



**Drink Milk:** <https://bit.ly/3PJlji0> (CDC) & <https://bit.ly/3PK37tu> (MyPlate)

**Move Together:** <https://bit.ly/3jjM8vN>

**Learn Language:** <https://bit.ly/3Sc6KKn>

**Popcorn Treats:** <https://bit.ly/3cjjKae>

**New Year's Resolution:** <https://bit.ly/3z6WaM8>