



March

FEATURE: 2023 Edition



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

BOOKS TO GO

An entire library of books is available to you. It can even fit inside your pocket. The best part? It is entirely free! Gain access to ebooks, audiobooks, magazines, and more through the Libby app. The Libby app is free to install. There are no subscription costs. There are no in-app purchases. There are no late fees. All you need a valid library card from your local library. Libby is great for users of all ages. Libby is available for Apple and Android devices. You can also send books from Libby to your Kindle devices. You can download ebooks and audiobooks for offline reading or you can stream them to save space on your device. Check out Libby today and start reading everywhere you go!

Source: OverDrive, Inc

YOU NEED TO SNOOZE

Are you getting enough sleep? The amount of sleep you need changes as you grow. Children need more sleep than adults. Children need between 9–12 hours of sleep every night. Help your body get enough rest by creating a bedtime routine. Put away all electronic at least 1 hour before bed. Go to bed at the same time each night. Get up at the same time each morning. Stick to this schedule on the weekends too.



Source: CDC

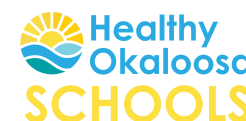
WHY WATER?



We cannot live without water. We use water for drinking, cleaning, and making food. Drink water every day!

Source: UN

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>

ORANGE CREAM POPSICLES

These popsicles are a refreshing treat. They even help you reach your daily 5 servings of fruits and vegetables.

Ingredients

- 2 cups orange juice
- 2 cups Greek Yogurt (plain or vanilla)
- 2 tbsp. maple syrup, optional
- 1 orange, sliced
- 6 - 5 oz. paper cups
- 6 wooden popsicle sticks

Directions

1. In a large bowl, mix the orange juice, yogurt and maple syrup until combined.
2. Pour evenly into paper cups.
3. Top each cup with an orange slice.
4. Poke wooden stick through center of orange.
5. Freeze at least 6 hours or overnight.



Source: Produce for Better Health Foundation

JOIN THE CONVERSATION

Tobacco companies spend millions of dollars every day to promote their products. They create images and themes that appeal to youth. Tobacco companies market to children as young as 13. Stand up against the tobacco industry. Below are some ways to prevent tobacco use in our community.

- Join Students Working Against Tobacco (SWAT).
- Have frequent conversations with your kids about the dangers of electronic vapor products.
- Become a member of the Okaloosa County Tobacco-Free Partnership.
- Volunteer for Parents Against Vaping E-cigarettes (PAVe).
- Report retailers selling tobacco products to minors to the FDA.
- Support friends and loved ones trying to quit tobacco.
- Encourage your employer to put a tobacco-free policy in place.
- Advocate for tobacco-free policies throughout your community.



Source: Campaign for Tobacco-Free Kids

RESOURCES MENTIONED IN THIS NEWSLETTER



Books To Go: <https://bit.ly/3Q7hxUz>

You Need to Snooze: <https://bit.ly/3Jhj4VH>

Why Water?: <https://bit.ly/3JhKFG9>

Orange Cream Popsicles: <https://bit.ly/3oL7fNX>

Join the Conversation: <https://bit.ly/3BIaY71>