

Date:

Dear Parents,

We are pleased to announce that _____ has teamed up with the Capital Area Wellness Coalition to implement a healthy eating, active living program entitled 5210 Healthy NH. Creating healthy habits for your child to live by is very important. The 5-2-1-0 Healthy NH message promotes healthy growth and development, through physical activity and healthy eating.



Fruits and vegetables... more matters! Eat fruits and vegetables at least 5 times a day. Limit 100% fruit juice.



Cut screen time to 2 hours or less a day (includes television, computer, and video games).



Participate in at least one hour of moderate to vigorous physical activity every day.



Restrict soda and sugar-sweetened sports and fruit drinks. Drink water and fat-free/skim or 1% milk instead.

Eating healthy foods and being physically active can be a challenge in today's busy world. By pairing with the 5-2-1-0 Healthy NH message, we will be incorporating the 5-2-1-0 Healthy NH messages into our daily activities. As a bonus, you may also receive parent-g geared information and at-home activities. This will highlight what your child is learning in the program and will provide tips to incorporate the 5-2-1-0 messages in your home.

Visit capwellness.org for more information about 5-2-1-0 Healthy NH.

For more information please contact _____ at _____ -

Sincerely,