



# January

## FEATURE: 2026 Edition

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



### Dental Clinic For Children With Medicaid

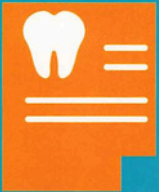
\*From first tooth to 18 years of age



#### Services Provided

- 🦷 Exams 🦷 X-rays 🦷 Cleanings 🦷 Sealants
- 🦷 Extractions 🦷 Fillings 🦷 Fluoride Treatments
- 🦷 Emergency Care 🦷 and more

#### Tips for a Healthier Smile



- Brush teeth twice per day for two minutes each time
- Floss daily
- Eat healthy food
- Avoid sugary drinks
- Visit the dentist every six months

**Call 850-689-5593 to schedule an appointment!**

Florida Department of Health  
in Okaloosa County  
810 E. James Lee Blvd.  
Crestview, FL 32539  
HealthyOkaloosa.com



### National Hobby Month

Trying a hobby is good for your mental health. A hobby doesn't have to be perfect; it just needs to be fun!

Some new hobbies to try:

- Drawing or coloring
- Cooking
- Reading for fun
- Walking, biking, or playing a sport
- Playing an instrument or learning a new skill



### What is Gratitude?

Gratitude means being thankful for the good things in your life. When you practice gratitude, you feel happier and more positive.

Try these ideas:

- Write down three things you are thankful for each day.
- Say "thank you" to someone who helps you.
- Notice small, good moments.



Being grateful helps you feel calm and connected to others.

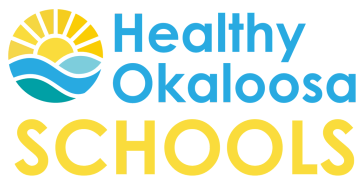
## New Year, New Habits

January gives us a chance to begin the new year again with healthy choices. Setting goals helps you stay organized and motivated. Goals work best when they are small, clear, realistic, and repeated. This makes it easier for the habit to stick.

Remember these tips to help build and maintain healthy habits in 2026:

- 5** Five or more servings of fruits and veggies daily.
- 2** Two hours or less of screen time.
- 1** One hour of physical activity daily.
- 0** Zero tobacco products and sugary beverages.

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



## Granola with Oatmeal, Coconut, and Pecans

### Ingredients

- 3 cups oatmeal, uncooked
- 1/2 cup coconut, shredded or flaked
- 1 cup pecans, chopped (or try walnuts or peanuts)
- 1/4 cup honey
- 1/4 cup margarine (an alternative is butter or coconut oil), melted
- 1 1/2 teaspoons cinnamon
- 2/3 cup raisins

### Directions

1. Wash hands with soap and water.
2. Heat oven to 350 °F. Combine all ingredients in a large bowl, except raisins, mix well.
3. Bake in 13x9 inch baking pan at 350 °F for 25 to 30 minutes or until golden brown. Stir every 5 minutes.
4. Stir in raisins. Cool thoroughly. Store in tightly covered container.
5. Add the granola to yogurt with berries for a healthy breakfast!

Share your 5-2-1-0 fun on social media:  
[#HealthiestWeightFL](https://www.instagram.com/HealthiestWeightFL)

Find more 5-2-1-0 resources by visiting  
[bit.ly/HealthyOkaloosa5210](https://bit.ly/HealthyOkaloosa5210).