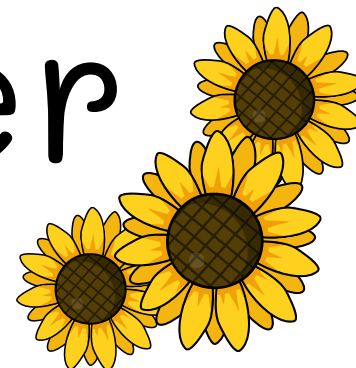




September

FEATURE: 2023 Edition



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

NATIONAL FRUITS & VEGGIES MONTH

September is National Fruits & Veggies Month. Every day we should eat 5 or more servings of fruits and vegetables. In the month of September try adding more or new fruits and vegetables to your daily routine!

Here are some yummy fruits and vegetables you can give a try:

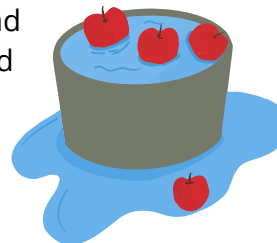
- Peach
- Eggplant
- Plum
- Green Beans
- Cherry
- Spinach
- Watermelon



Source: Have a Plant

BOB FOR APPLES

Bobbing for apples is a fun game to play in the fall! All you need to do is fill a bucket or bowl with water and apples. Then you dunk your head in the water and try to bite ahold of the apple without using your hands. Make it a race and see who can bob an apple the quickest!



Source: Run Wild My Child

EVERY DROP COUNTS

Water is the best drink for your body. Encourage your children to drink water with a reward chart. Give them a sticker for drinking water each day. Make it a family affair! Challenge your whole family to a water drinking contest.

Source: Children's Hospital Colorado

**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>

PUMPKIN OVERNIGHT OATS

A hearty bowl of oats with warming spices like cinnamon and nutmeg is so nourishing. A perfect meal for cooler weather.

Ingredients

- 1/2 cup rolled oats
- 3/4 cups lowfat milk
- 1/4 cup pumpkin puree
- 1/2 teaspoon cinnamon
- 1/4 teaspoon pumpkin spice
- 1/2 teaspoon maple syrup
- Pinch of salt



Directions

1. Mix all ingredients together well in mason jar or container.
2. Place in refrigerator overnight.
3. Serve and enjoy!

Source: Produce for Better Health Foundation

Heart Healthy Board Game



RESOURCES MENTIONED IN THIS NEWSLETTER

National Fruits & Veggies Month: bit.ly/3Mz3wjJ

Bob For Apples: bit.ly/40TQcLf

Every Drop Counts: <https://bit.ly/3N5QRUh>

Pumpkin Overnight Oats: [http://bit.ly/40WNIRO](https://bit.ly/40WNIRO)