



# October

## FEATURE: 2023 Edition



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

### BE COOL AND WALK TO SCHOOL

Use Walk to School Day to showcase your school spirit. Dress up in your school gear or colors. Walking with your family and friends to school gives you an opportunity to spend more time with them. Use this time to talk and connect with each other. Cars also create air pollution. By walking to school instead of driving you are reducing air pollution. Pollution harms the environments. Less cars on the road also means there is less traffic. Less traffic creates a safer environment for walkers.



Source: UNC Highway Safety Research Center

### LIVE DRUG FREE

Drugs can affect any family, but there are things you can do to help keep your children safe.

- Talk to them about the risks of using drugs.
- Have them to share their thoughts and feelings.
- Teach them how to turn down drugs.
- Be involved in their lives.
- Let them know they can always text or call if they want to leave a situation and you will come get them.

Source: KidsHealth

### MIND YOUR MIND

Spending too much time on screens and too little time being active can negatively affect your mental health. Aim to limit screen time to 2 hours each day. Move your body for at least 1 hour each day.



Source: The Lancet

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>

## HYDRATION STATION

Drinking water is so important to our health. At times it can feel difficult to drink enough water because it can get boring. The key is to find creative ways to make drinking water feel exciting or joyful. One way you can do this is to use a colorful and fun water bottle or cup.

Colorful items spark joy. Choose a cup with your favorite color or even a rainbow of colors. Pick a water bottle with characters from your favorite movie, TV show, or video game. Do you like things that sparkle? Get a cup with glitter on it.

You can also customize a cup or water bottle you already own with vinyl stickers. Add a cute picture or your name. Add a bendy, silly, or colored straw and you are all set! Avoid letting children use metal straws. These straws can be dangerous if they run around with their drink.



Source: LoveToKnow

## KIDS IN THE KITCHEN

Involve children in preparing meals for your family. This is a great way to introduce them to healthy foods. It can also encourage them to try new foods.

- Have your children plan one or two meals each week.
- Make a shopping list together. Let them cross items off as you shop.
- Show them how to rinse and cut produce.
- Let them help measure and pour ingredients.
- Teach them about staying safe in the kitchen.
- Expect spills and messes. It can be part of them fun. Give your children jobs to help with cleanup.
- Remember to keep it positive! Provide them with positive feedback to encourage them to continue helping.



Source: MSU Extension

## RESOURCES MENTIONED IN THIS NEWSLETTER



**Be Cool Walk to School:** [bit.ly/3CRZLA1](https://bit.ly/3CRZLA1)

**Live Drug Free:** [bit.ly/441eapl](https://bit.ly/441eapl)

**Mind Your Mind:** [bit.ly/46mD18L](https://bit.ly/46mD18L)

**Hydration Station:** [bit.ly/46t5MR5](https://bit.ly/46t5MR5)

**Kids in the Kitchen:** [bit.ly/3PwyJFK](https://bit.ly/3PwyJFK)