



# December

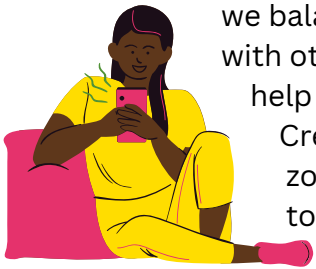
## FEATURE: 2023 Edition



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

### SMARTER SCREEN TIME

Screens are a big part of our world. Spending too much time on screens can impact our health. It is important to that we balance screen time with other activities that help us learn and grow. Create screen-free zones in your home to help keep the balance. Limit screen time to 2 hours each day. Build your family connection. Watch and play together when you can. Ask your kids questions about the games they play. Be a role model with screens. Put your own devices away during family time. Try not to multitask while using devices.



Source: Common Sense Media

### FRESH STRAWBERRIES

Strawberries are easy to grow in Florida. The cold doesn't bother them. Strawberries will flower and make fruit all winter. They will continue to make fruit through April or May. Check your strawberry plants for fruit every 2 to 4 days. Pick strawberries once they are mostly red. Strawberries make a great snack and are great additions to yogurt.



Source: UF/IFAS

### FILL UP YOUR CUP

Water is important for good health. The CDC says that 1 in 5 children do not drink any plain water during the day. Send a water bottle to school with your child. Encourage them to fill it up at water fountains throughout the day.

Source: CDC

The 5-2-1-0 Feature  
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ON SOCIAL MEDIA:  
**#HealthiestWeightFL**

FIND MORE 5-2-1-0 RESOURCES: <https://bit.ly/HealthyOkaloosa5210>

## FRUITY SHAPES

Serve your fruit with this new twist and watch your children's faces light up.

### Ingredients

- Assorted fruit, whole (strawberries, raspberries, or seedless grapes)
- Larger fruit, cut into shapes (honeydew melon, watermelon, or cantaloupe)
- Cookie cutter
- Bamboo skewers

### Instructions

1. Wash your fruit. Cut your larger fruit as needed.
2. Slicing your melon into about 1/2" rounds.
3. Use your cookie cutters to cut the melon into different shapes.
4. Thread fruit onto bamboo skewers.



Source: Two Healthy Kitchens

## PLAY GAMES TOGETHER

Make movement part of your family's daily routine. One way to encourage movement is to play together. Here are four games that you can try:



1. **Treasure Hunt:** Hide objects around the house or yard. Then let your kids find them. You can also create clues to guide your children to the treasure.
2. **Obstacle Course:** Set up an indoor or outdoor obstacle course. Use common household items to create the course. You can use pillows, blankets, kitchen utensils, painter's tape, chairs, tables, brooms. Time each other to see who can do the course the fastest.
3. **Walking Games:** Go for a regular walk. Make it more fun by playing games like I Spy or Follow the Leader as you walk.
4. **Freeze Dance:** Playing music. Everyone dances. When the music stops, everyone has to freeze in place.

Source: Macaroni KID

## RESOURCES MENTIONED IN THIS NEWSLETTER



**Smarter Screen Time:** <https://bit.ly/3qUcq2F>

**Fresh Strawberries:** <https://bit.ly/3JtWafg>

**Fill Up Your Cup:** <https://bit.ly/3PrefhU>

**Fruit Kabobs:** <https://bit.ly/3NGxx1d>

**Play Games Together:** <https://bit.ly/3pfN6Uc>