



# January

## FEATURE: 2024 Edition



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

### Get Moving

Physical activities can be as easy as walking or riding your bike to school. Children should do at least 60 minutes of physical activity every day. There are 3 types of physical activities that are important. These are moving, making your muscles strong, and making your bones strong. Moving activities move your large muscles in a rhythm. You can move your muscles by hopping, dancing, and swimming. You can make your muscles strong by playing on playground equipment and playing tug-of-war. You can make your bones strong by running, playing basketball, and hopscotch.

Source: CDC



### Screen time

Screen time is challenging to monitor with screens everywhere in today's world. Too much screen time can lead to obesity, behavior problems, delays in language and social skills, violence, and attention problems. In virtual environments, you should play with your child, teach kindness, and be involved. 5210 wants you to limit your child/children's screen time to 2 hours per day.



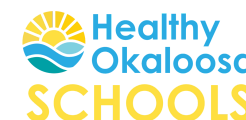
Source: Mayo Clinic

### The Dangers of Energy Drinks

Energy drinks are packed with large amounts of caffeine and added sugars. The stimulants in energy drinks can lead to dehydration, heart complications, anxiety, and insomnia. According to the American Academy of Pediatrics, caffeine contained in energy drinks has no place in children's diet.

Source: CDC

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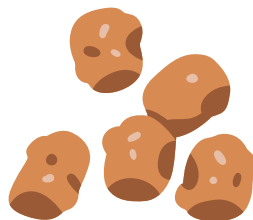
FIND MORE 5-2-1-0 RESOURCES: <https://bit.ly/HealthyOkaloosa5210>

## Tasty Tots

Tasty tots are a great snack to enjoy with your children. It's a quick and easy recipe. Plus, you only need one pan to cook them in, meaning easy clean up!

### Ingredients:

- 2-gal and 2 qt Fresh sweet potatoes, peeled, coarsely shredded
- 1 gal and 3 cups Canned low sodium garbanzo beans (chickpeas), with liquid
- 1 cup Vegetable oil
- 1 tbsp and 1 tsp Salt
- 1 tbsp and 1 tsp Granulated garlic
- 1 and 3/4 cups Fresh green onions, finely diced
- 2 tsp Ground black pepper
- 1 tbsp and 1 tsp Onion powder
- 2 tbsp and 2 tsp Ground cinnamon
- 1/2 cup Enriched all-purpose flour



### Directions

1. Spread shredded sweet potatoes evenly on a sheet pan lightly coated with pan release spray.
2. Bake sweet potatoes until slightly tender DO NOT OVER COOK.
3. Puree garbanzo beans, including the liquid, in a food processor to a smooth consistency.
4. Combine sweet potatoes, pureed garbanzo beans, oil, salt, garlic, onions, pepper, onion powder, cinnamon, and flour. Mix well. (Refrigerate at 40°F for 40-50 minutes to make tots easier to form)
5. Using a No.4 scoop, place mixture 1-inch apart on sheet pan lined with parchment paper and lightly coated with pan release spray.
6. Cover tots on sheet pan with layer of parchment paper then use a second sheet pan and lightly press to flatten tots.
7. Bake until light brown.
8. Serve 6 tots.

Source: USDA

## 2024 New Year's Resolution

The new year provides an opportunity to encourage children to develop positive habits. It is important to set healthy realistic goals. A great way to keep track of new year's resolution is on a sticker chart (depending on age). Here are some resolution ideas to get started:

- I will drink water every day and limit soda and fruit drinks only for special times.
- I will find a physical activity I like.
- I will always wear a helmet when riding a bike, scooter or skateboard.
- I will wear sunscreen and hats when outside in the sun.
- I will tell an adult about bullying that I see or hear about.
- I will try to get 8-10 hours of sleep each night.
- I will resist peer pressure to try drugs, vaping, or alcohol
- I will save time to read for fun.
- I will wear my seatbelt every time I get in a car.

Source: AAP



## RESOURCES MENTIONED IN THIS NEWSLETTER

[Get Moving: Physical Activity Guidelines for Americans, 2nd edition \(health.gov\)](https://health.gov/physical-activity-guidelines-for-americans)

[Screen Time: Screen time and children: How to guide your child - Mayo Clinic](https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/screen-time-for-kids/art-20044148)

[The Dangers of Energy Drinks: Energy Drinks | Healthy Schools | CDC](https://www.cdc.gov/healthy-schools/energy-drinks/)

[Tasty Tots: TastyTots.pdf \(azureedge.us\)](https://www.azureedge.us/tasty-tots.pdf)

[2024 New Year's Resolution: Healthy New Year's Resolutions for Children & Teens - HealthyChildren.org](https://www.healthychildren.org/Resolutions-for-Children-Teens)