



ACTION GUIDE



What is 5210 SC?

5210 South Carolina is a statewide campaign to create positive health outcomes for the children of South Carolina and those around them. The campaign encourages five or more servings of fruits and vegetables, less than two hours of recreational screen time, one hour of physical activity and zero sugar-sweetened beverages each day.

The 5210 SC initiative is led by the South Carolina Supplemental Nutrition Assistance Program-Education (SNAP-Ed) in partnership with the State Nutrition Action Coalition.

Why choose 5210 SC?

Embrace the practices of 5210 SC and watch your family's health and happiness level up. These four simple principles are designed to be easily integrated into your daily routine, ensuring lasting health benefits for children and adults across South Carolina.



The practices of 5210 SC can lead to:

- Better energy levels.
- Reduced cravings for unhealthy foods.
- Enhanced mood and focus.
- Stronger muscles and bones.
- More meaningful interactions.
- Hobbies that nurture creativity and social skills.

By instilling these habits, you will develop a solid foundation for your overall wellbeing, helping you and your family stay physically and mentally fit for years to come.



From bananas to broccoli, carrots to cantaloupe, adding color and variety to your diet is an easy way to level up your meals. Fruits and veggies provide important nutrients for sharp minds and strong bodies. Get in five or more servings of fruits and vegetables every day.

Help your family feel better every day by doing one or more of the following:

- Create fun and visually appealing fruit and vegetable platters or kebabs.
- Swap your usual snack foods for fruits and vegetables.
- Find tasty dips to eat with your fruits and vegetables.
- Prep your fruit and vegetables at the beginning of the week so that you're more likely to reach for them when hungry.
- Top your yogurt or cereal with fresh or frozen fruits.
- Incorporate a side of raw vegetables during your meals.
- Juice your fruits and vegetables to make a tasty beverage.
- Turn fruit into smoothies or freeze them into popsicles.
- Use vegetables as toppings for pizza or in wraps.
- Organize a "taste test" with various fruits and vegetables to discover new favorites.

Try these quick recipes to add some fruits and vegetables into your diet:



Apple Sandwiches

Source:
wholefoodsmarket.com



Crispy Green Beans

Source:
vegetablerecipes.com



Banana Bites

Source:
foodlets.com



Less time on screens means a healthier body and better attention for you and your children. Limit yourself to two hours or less with your favorite apps, games and media.

While screen time is inevitable, it is important to give your brain and eyes a break from screens. This means more time to be creative and find new ways to be together.

Make sure to schedule each day to include activities that are away from screens.



Here are a few things you can do when you put your screens down:

- Journal.
- Read.
- Complete a DIY project.
- Play a board game.
- Volunteer at a local charity.
- Plant some flowers.
- Solve a puzzle.
- Attend a local event.
- Try a new recipe.
- Spend time with loved ones.





Work it in! Short, active times that add up to one hour a day can level up in your life. Physical activity keeps you and your family healthy helping you get stronger and boosts your mood.

Get up and try the following:

- Lift weights.
- Push your child on the swing set.
- Walk around your neighborhood.
- Visit a local pool.
- Sign up for a dance class.
- Join a local sports league.
- Jump on a bike.
- Go on a hike.
- Find a workout partner.

Hydrate yourself and feel refreshed by aiming to drink zero sugary drinks each day. The US Dietary Guidelines for Americans recommends that sugar makes up less than 10 percent of total calories each day.



That doesn't limit you to just water, though. Try these tasty, sugar-free beverages:

- Flavored water infused with fruits or herbs.
- Hot or iced unsweetened herbal teas.
- Unsweetened sparkling water.
- Low-fat milk.
- Unsweetened plant-based milk.
- Coffee with cinnamon or nutmeg.

Resources

Online Resources

Gain access to many 5210 SC resources, including healthy recipes and ways to get active, that empower you and your family to track your progress and stay motivated at **5210SC.org**. Also, follow us on **Facebook and Instagram @5210SC** for inspiration, tips and updates.



Tracking

Tracking progress with 5210 SC can be done in several ways. You can **keep a simple journal** or use **a mobile fitness app** to record daily servings of fruits and vegetables, physical activity duration and water intake.

Enable **Screen Time** on iOS products and **Digital Wellbeing** on Android products to track your screen time. Tracking progress can help you and your family identify areas for improvement and celebrate achievements as your family levels up with 5210 SC and embraces healthier habits.

Make it yours

You can certainly modify the 5210 SC practices to fit you and your family's unique needs and preferences. The core principles are adaptable, and you can make adjustments that align with your family's lifestyle, cultural practices and dietary requirements while still aiming for a balanced and health-conscious approach.

The 5210 SC campaign aims to promote long-term lifestyle changes rather than being a temporary initiative. The habits encouraged by the campaign are meant to be sustainable and incorporated into daily life to support overall health and well-being.

Whether it's a little or a lot, every 5210 SC practice will have a positive impact on you and your family's life. Take your life to the next level with 5210 SC!



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