



ACTION GUIDE

Eat 5 or more servings of fruits and vegetables a day.



PICK

5

TAKE

2

Limit recreational screen time to 2 hours or less per day.



Enjoy at least 1 hour of active play.



GET

1

DRINK

0

Drink 0 sugar-sweetened beverages.



WHAT IS 5210 SC?

5210 South Carolina wants kids in South Carolina and their friends to follow four easy steps to stay healthy and happy for a long time.

Supercharge your life with five or more servings of fruits and vegetables a day. All it takes is adding a few bright colors to your plate at every meal.



Here are ways to eat more fruits and vegetables each day:

Add berries or bananas to your cereal.



Make a fruit smoothie.



Snack on carrot sticks, apple slices or cucumber rounds.



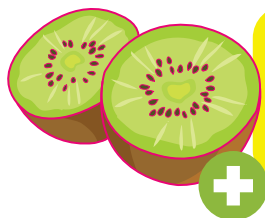
Dip your fruits into yogurt and your veggies into hummus.



Try a vegetable cooked in a new way.



Try new fruits and vegetables each week.



TAKE 2



Too much screen time can make you sluggish. Limit it to two hours and sharpen your mind by finding new activities you enjoy that don't involve screens.

Use your five senses away from screens and try the following:



- ☐ Read.
- ☐ Play with toys.
- ☐ Build a fort.

- ☐ Create some art.
- ☐ Color.
- ☐ Play board games.



Ready, set, go to a stronger you in just one hour a day with active play!



Do these activities to get your body moving:

Go on a scavenger hunt.



Walk the dog.



Go on a ride.



Jump rope.

DRINK



Skip the sugary drinks and sweeten your life's potential. Running on non-sweetened drinks is the fuel you need to be the best you!

Level up your hydration with less sugar by trying the following:



Add slices of lemon, lime or berries to your water.

Drink low-fat milk.

Make smoothies with whole fruits and vegetables.

Try unsweetened flavored water.

5210 SC WITH OTHERS

5210 SC is even more special when you don't do it alone. Take on the 5210 SC practices with your family and friends.

Try a few of these activities
with the ones you love:

- ☐ Cook together.
- ☐ Try new healthy recipes together.
- ☐ Eat together.
- ☐ Go on family hikes.
- ☐ Play at the park together.

- ☐ Play board games together.
- ☐ Read together.
- ☐ Do chores together.
- ☐ Go on a walk together.

KEEP TRACK

Create a daily tracking chart as a fun exercise to keep track of your 5210 SC goals. Put a sticker or check by each goal that you accomplish!

DAY	FRUITS & VEGGIES	SCREEN TIME	ACTIVE PLAY	NO SUGARY DRINKS
Sunday				
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				



LEARN MORE

Learn more at 5210SC.org.
Check out all the resources available.

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On Facebook and Instagram @5210SC for inspo and tips!

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