



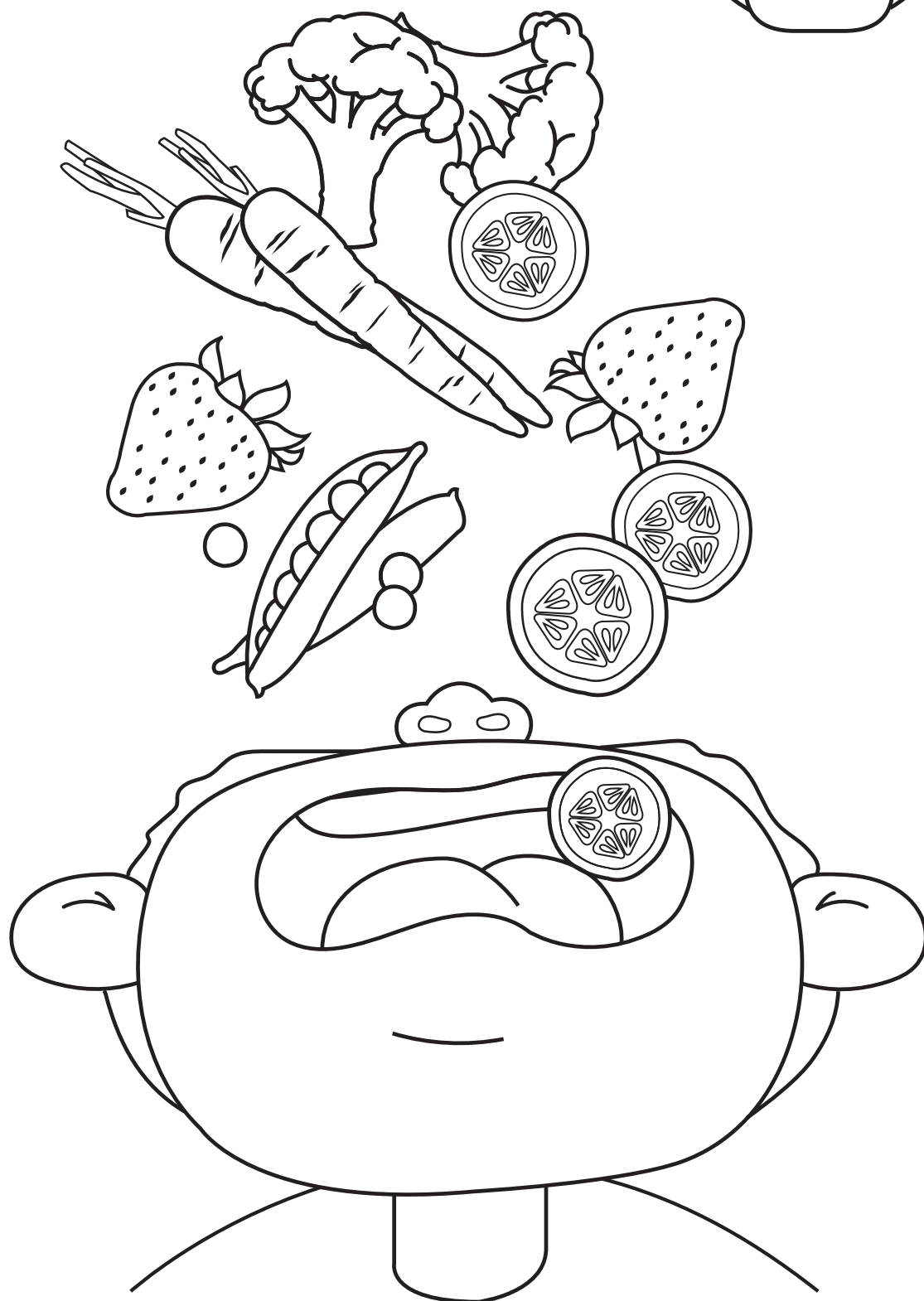
**Coloring Book**

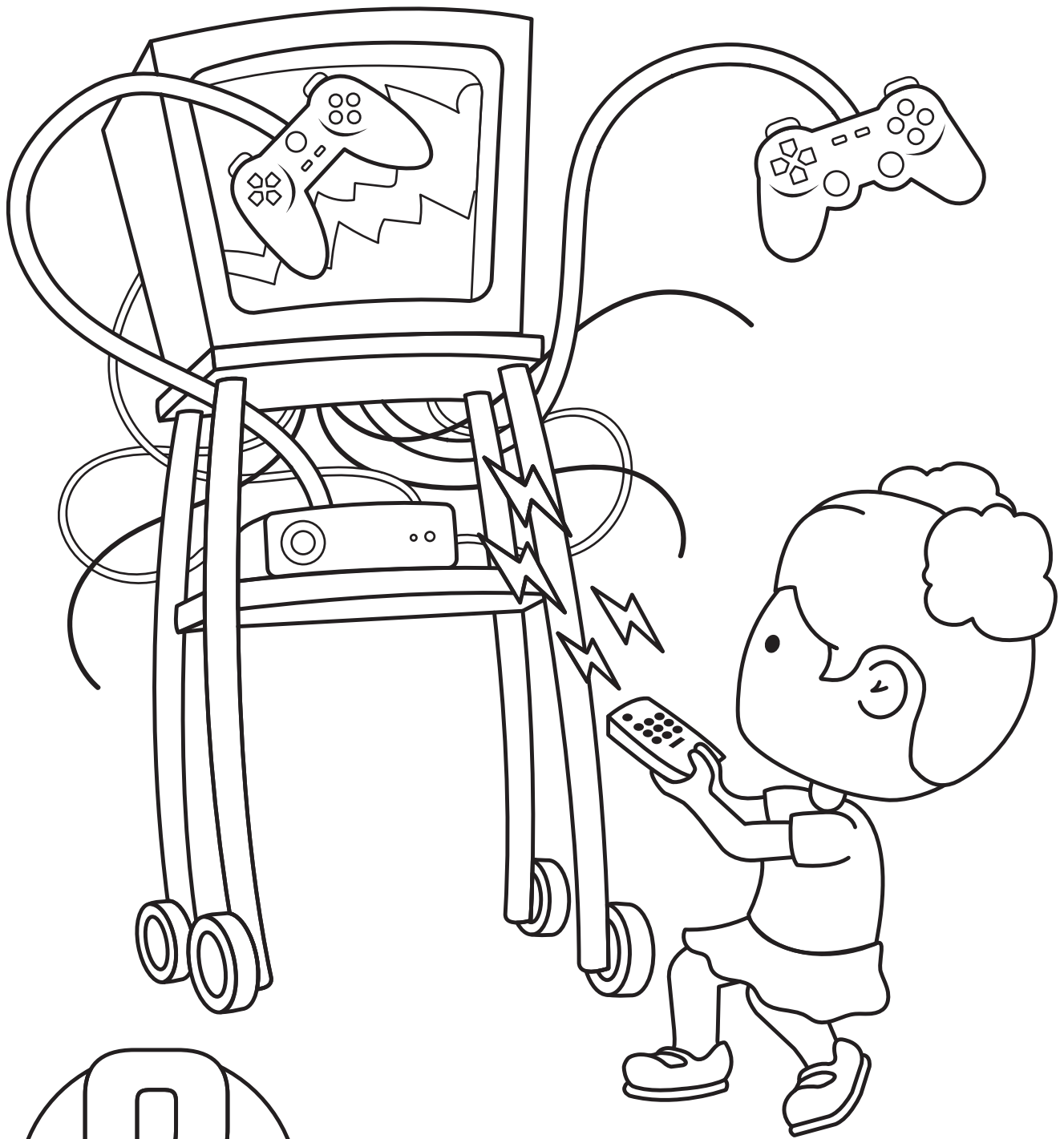


5210 South Carolina wants kids in South Carolina and their friends to follow five easy steps to stay healthy and happy for a long time.

**Learn more at [5210SC.org](http://5210SC.org)**

**Eat 5 or more fruits  
and vegetables a day.**

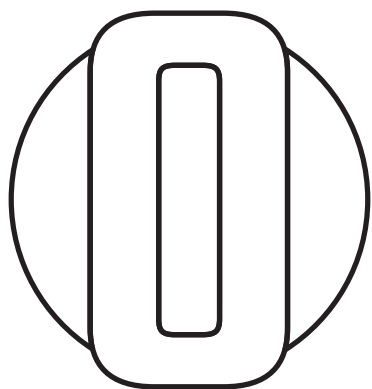
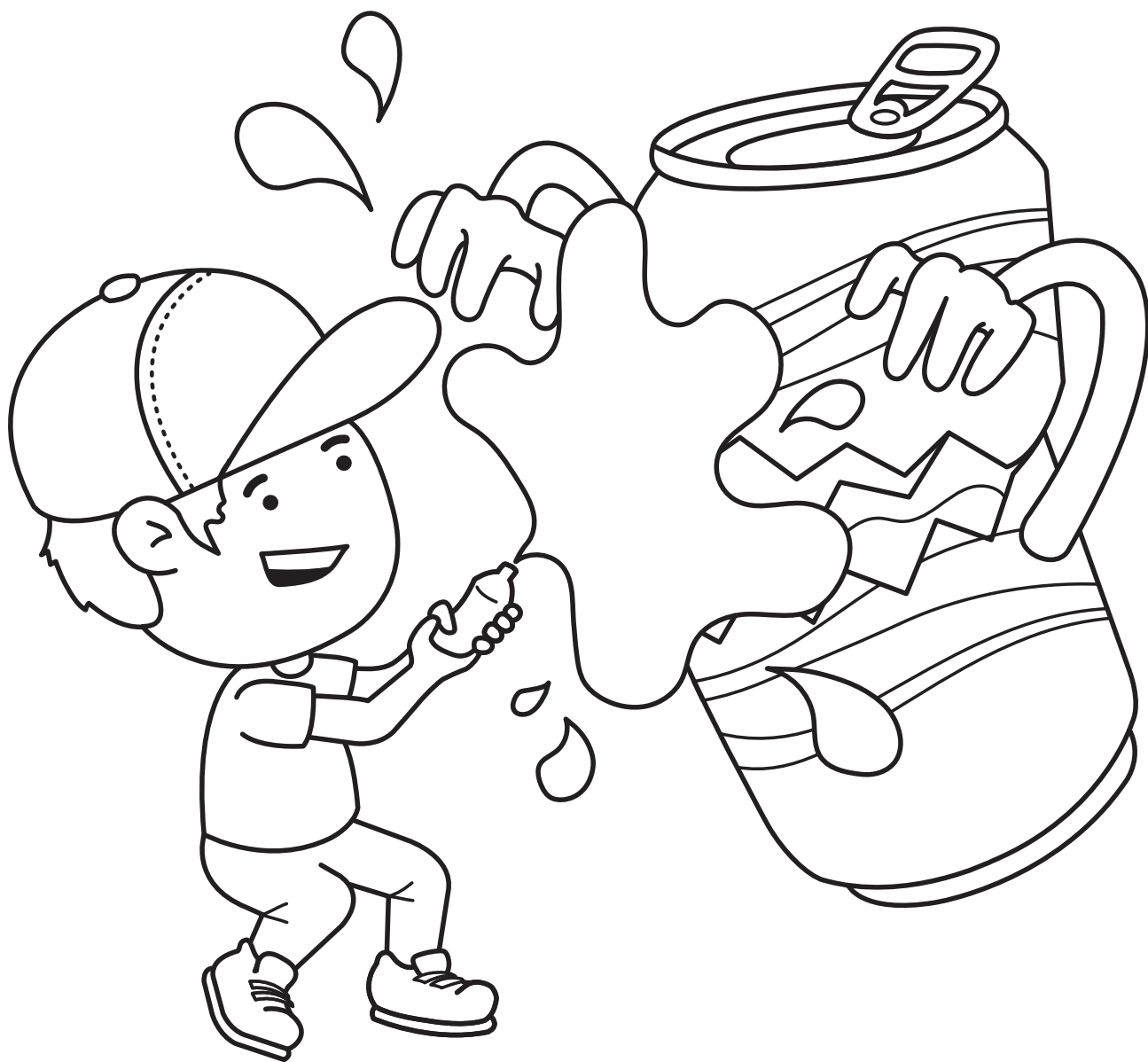




**Limit recreational screen time  
to 2 hours or less per day.**

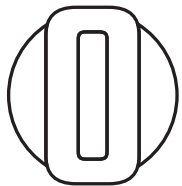
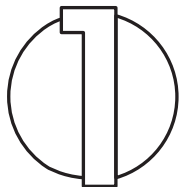
**Enjoy at least 1 hour  
of active play.**





**Drink 0 sugar-sweetened  
beverages.**

**Find the words in the puzzle below.**



## SOUTH CAROLINA

BEVERAGE

## TWO

**HOUR**

## FITNESS

## SCREENTIME

**ZERO**

## HABITS

## FRUITS

PLAY

## FIVE

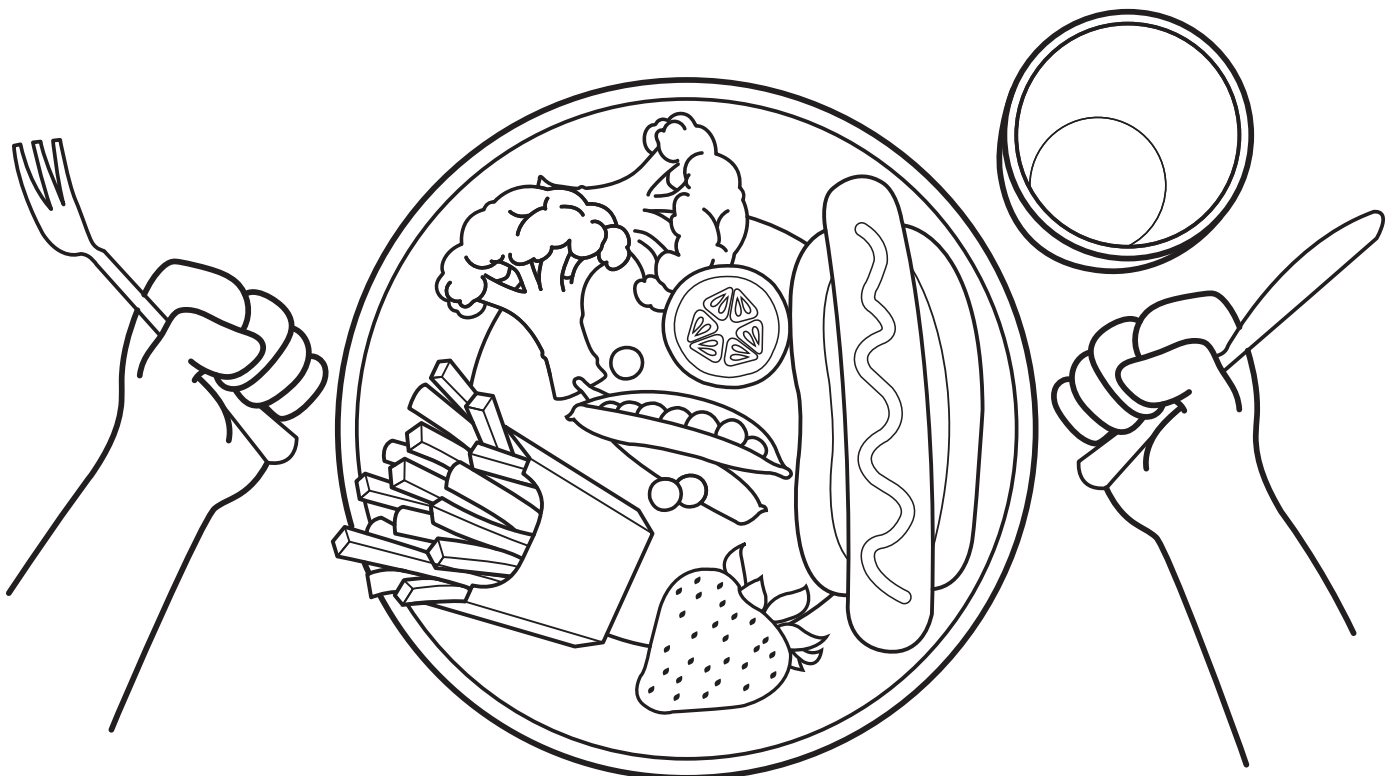
## VEGETABLES

ONE

## HEALTHY

## SUGAR

**Color in five fruits and vegetables below.  
Then fill your cup with a non sugar-sweetened beverage!**





**5210SC.org | @5210SC**



This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP.