

Together, We Grow Healthy Kids.



Northeast Iowa Food & Fitness Initiative

Eat
at least **5** fruits
and vegetables
every day.

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

Get
1 hour or more
of physical activity
every day.

Drink
0 sugar-
sweetened
drinks.
Try water and
low-fat milk
instead.

Visit
www.eatplay521.com
for more
information!

Eat  and Play
the **5-2-1** way

