

Food for Thought

June 2018

5-2-1-0 to Health

5210 is a catchy way to spread the message about healthy habits. Kids learn to enjoy healthy foods and be physically active by watching those around them, and even small changes can make a big difference. The numbers 5-2-1-0 remind us of the following habits we should do each day and help our kids do as well to be healthy:



- **5 or more fruits & vegetables** - A diet rich in fruits and vegetables provides vitamins and minerals, important for supporting growth, development, and health in children. High daily intakes of fruits and vegetables among adults are associated with lower rates of chronic diseases such as heart disease, stroke, high blood pressure, diabetes, and possibly, some types of cancers, as well as maintaining a healthy weight.
- **2 hours or less recreational screen time *** - Watching too much television (TV) and use of other screen media is associated with an increased prevalence of overweight and obesity, lower reading scores, and attention problems. The American Academy of Pediatrics (AAP) recommends no more than 2 hours of screen time a day and that children under age 2 not watch any TV or other screen media. The AAP recommends keeping the TV and computer out of the bedroom. *Screen time includes time spent watching television, playing video games, using a computer, smartphone, and tablet. Recreational screen time is screen time used for non-educational purposes.
- **1 hour or more of physical activity** - Regular physical activity is essential for weight maintenance and prevention of chronic diseases such as heart disease, diabetes, colon cancer, and osteoporosis. While most school age children are quite active, physical activity sharply declines during adolescence. Children who are raised in families with active lifestyles are more likely to stay active as adults than children raised in families with sedentary lifestyles.
- **0 sugary drinks, more water** - High intake of sugar sweetened beverages among children is associated with overweight and obesity, displacement of milk consumption, and dental cavities. Water provides a low-cost, zero-calorie beverage option and is a healthy alternative to sugary drinks.



Pizza on a Potato

potato (scrubbed clean)

2-3 tablespoons pizza sauce or tomato sauce

1/2 cup frozen vegetable mix or chopped raw vegetables (like peppers, onions, mushrooms)

1/4 cup cheese, shredded (mozzarella or monterey jack)

Bake potato at 425° F for about 60 minutes or poke with a fork and microwave on high about 15 minutes, until soft and cooked through. Cut in half lengthwise. Spread 2-3 tablespoons pizza sauce or tomato sauce on each half. Run warm water over frozen vegetables until thawed. Strain them in a colander. Spread frozen or fresh vegetables on each half of potato. Sprinkle cheese over vegetables. Microwave until cheese bubbles or bake at 375° F for 5-10 minutes (until cheese is melted).

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North Idaho Eat Smart Idaho Activity Schedule

Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2
5	6	7 <u>Handy Portions Nutrition Demo @ Canvas Food Bank</u> – 2200 N. 7th St. – CDA – 2:30 to 4:00	8 <u>Family Day in the Park @ CDA City Park</u> – 415 Fort Ground Drive – CDA – 12:00 to 8:00 <u>Plan: Know What’s for Dinner @ Moscow Hope Center</u> – 1212 W. Pullman Rd – CDA – 4:10 to 5:10	9
12	13	14 <u>Protein Nutrition Demo @ Canvas Food Bank</u> – 2200 N. 7th St. – CDA – 2:30 to 4:00	15 <u>Day for Kids @ McEuen Park</u> – 504 E. Front Ave. – CDA – 3:00 to 7:00	16 <u>POP Club Activity Center @ Moscow Farmers Market</u> – Friendship Square – Moscow – 9:00 to 12:00
19	20	21 <u>Stay Active Nutrition Demo @ Canvas Food Bank</u> – 2200 N. 7th St. – CDA – 2:30 to 4:00	22	23
26 <u>Choosing to Move More Throughout the Day @ Potlatch City Hall</u> – 190 6 th St. – Potlatch – 10:00 to 11:30 <u>Protein Nutrition Demo @ CAP Food Bank</u> – 124 New 6 th St – Lewiston – 1:00 to 3:00	27 <u>Handwashing @ Lena Whitmore Elementary</u> – 110 S. Blaine St. – Moscow – 11:00 to 1:00	28 <u>Whole Grains Nutrition Demo @ Potlatch Food Bank</u> – 510 Pine St – Potlatch – 10:00 to 12:00 <u>Healthier Foods Fast Nutrition Demo @ Canvas Food Bank</u> – 2200 N. 7th St. – CDA – 2:30 to 4:00	29	30

For Information on Eat Smart Idaho classes, contact the Nutrition Advisor in your county:

Benewah, Bonner, Boundary, Kootenai & Shoshone 446-1680
 Clearwater & Nez Perce 799-3096
 Latah 883-2267
 Idaho or Lewis 983-2667



To contact the Eat Smart Idaho Coordinator: Kali Gardiner, RD, LD Phone: 446-1680 www.eatsmartidaho.org
 E-mail – kalig@uidaho.edu

Sources: <http://www.iowahealthieststate.com/resources/individuals/5210/why5210works/>; <https://mainehealth.org/lets-go/childrens-program/parents/>; <https://5210.psu.edu/>; the Clearinghouse for Military Family Readiness; <https://spendsmart.extension.iastate.edu/recipe/pizza-on-a-potato/> retrieved 5/31/18

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