
Healthy Households, Healthy Families



- ✓ **Serve water at every meal and snack**
- ✓ **Do not bring sugar-sweetened beverages in your home**
- ✓ **Serve a fruit and/or vegetable at every meal and snack**
- ✓ **Choose foods with 0g of trans fat and do not have partially hydrogenated oils in the ingredient list**
- ✓ **When buying grains (like bread, cereals, and crackers) choose whole grains**
- ✓ **Limit screen time to less than 2 hours each day**
- ✓ **Do not allow TV sets in children's bedrooms**
- ✓ **Provide opportunities for your child to engage in at least 1 hour of physical activity each day**

