

Healthy Places, Healthy Kids



- Do not serve sugar sweetened drinks
 - Serve water every day
- Serve a fruit/vegetable at every meal or snack
 - Do not serve foods with trans fat
 - When serving grains, serve whole grains
- Eliminate broadcast & cable TV or movies
- Limit computer time to less than 1 hour
- Provide all children with at least 30 minutes of moderate physical activity every day
- Offer 20 minutes of vigorous physical activity at least 3 days per week

