



## **Energize and Mobilize!** *Eat Fruits, Vegetables, and Be Active*



### **Action Steps Parents Can Take at Home**

- ✓ **Understand the health benefits of fruits and vegetables.**
  - Fruits and vegetables are packed with vitamins, minerals, fiber, and disease-fighting phytochemicals. Because of this, eating plenty of fruits and vegetables every day can help reduce your risk of heart disease, high blood pressure, type 2 diabetes, and certain cancers.
  - Eat a variety of colorful fruits and vegetables — green, yellow/orange, red, blue/purple, and white — for better health. Visit [www.5aday.com](http://www.5aday.com) to learn more about the health benefits of colorful fruits and vegetables.
  
- ✓ **Make ready-to-eat fruits and vegetables readily available for your family.**
  - Store a variety of fruits and vegetables in sandwich bags to grab on-the-go, such as cherry tomatoes, strawberries, grapes, sugar snap peas, baby carrots, and bell pepper strips.
  - Make sure your kitchen is stocked with ready-to-eat fruits and vegetables like apples, pears, celery sticks, broccoli florets, and plums.
  - Try something new! Have you ever tried a tangerine, kiwifruit, baby bok choy, or broccolini?
  
- ✓ **Always incorporate fruits and vegetables into family meals.**
  - Include fruits and vegetables with every meal and snack. Set out a plate of carrots, broccoli florets, and fresh fruit that kids can snack on while dinner is being prepared.
  - Keep frozen and canned fruits and vegetables available as easy additions to dinner. Try adding some frozen peas to a pasta dish or some green beans to a soup.
  
- ✓ **Set a good example by snacking on fresh fruits like oranges, apples, and grapes.**
  - Kids are more likely to reach for fruit or vegetable snacks if they see you doing the same.
  - Make a healthy request when eating out. For example, ask for a salad to replace French fries or 100% fruit or vegetable juice to replace sodas.
  - Have your kids help prepare fruits and vegetables for meals and snacks. Kids can help wash fresh fruits and vegetables, add them to recipes, or make salads.
  
- ✓ **Incorporate physical activity into family time.**
  - Children should get at least 60 minutes of physical activity every day. Also, adults should get at least 30 minutes of physical activity every day, and to prevent weight gain, they may need about 60 minutes.
  - Encourage kids to participate in activities like sports, dance, swimming, or outdoor games rather than watching TV or playing video games.
  - Exercise can be fun, make it an activity the whole family can enjoy – go for a walk, ride bikes, take a hike or kick a soccer ball around at a local park.
  - Staying active and eating healthy go hand-in-hand – it's critical to do both for better

The *5 a Day—Power Play! Campaign* is funded by the Food Stamp Program of the U.S. Department of Agriculture, an equal opportunity provider and employer, through the Sierra Cascade Regional Nutrition Network for Healthy Active Families. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. For more information about the Food Stamp Program, please call 1-800-952-5253. For more information on *5 a Day—Power Play!* please call 530.345.0633.

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