

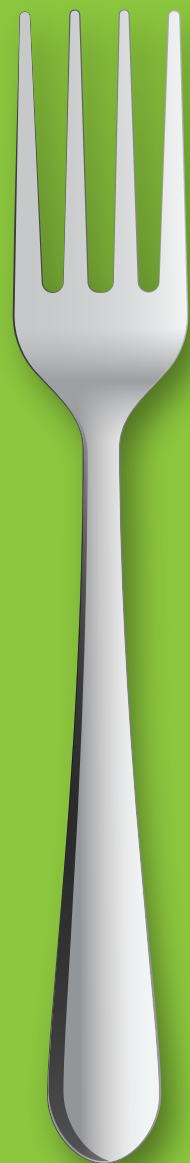
KIDS' FANS



5 2 1 0



Dairy



Did you know?

Studies show that kids who are well-nourished and participate in regular physical activity are more focused in school, perform better academically, are less likely to be absent, have fewer behavioral problems, and have increased self-esteem.

How can you be healthier?

- Switch from sugary drinks to water
- Choose colorful fruits and vegetables
- Choose whole grains
- Eat a balanced breakfast
- Choose healthy fats like nuts, avocados and fish
- Be active for at least 1 hour every day
- Limit screen time to 2 hours a day
- Get at least 8 hours of sleep a night

Kid's Healthy Eating Plate



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The Stamford Children's Health Collaborative includes over 25 area organizations. The Collaborative's mission is to link community resources and facilitate support for programming to improve the overall health and wellness of children.



We can all work together to become healthier

Start with eating meals together.
Use this placemat as a conversation starter and guide to making healthy food choices.

What is KIDS' FANS?

KIDS' FANS (Fitness and Nutrition Services) is a community-wide collaborative program designed to promote healthy eating, physical activity and a healthy weight among children ages 3-18. Sponsored by Stamford Health and in partnership with the Stamford Children's Health Collaborative, KIDS' FANS uses a hands-on curriculum that makes learning about nutrition and exercise engaging and fun.

All programs are taught by Registered Dietitians.

The KIDS' FANS program gives children the tools and skills they need to make healthy choices.

For more information call (203) 276-4061 or visit stamfordhealth.org/kidsfans

KIDS' FANS promotes the daily 5-2-1-0 health goal for kids and families.

- 5** or more fruits & vegetables
- 2** hours or less of recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks; more water