



Tools and Resources for 5-2-1-0 After School

5210 Posters and Display Materials

5-2-1-0 is a simple, easy message that kids and adults will remember! Use our 5-2-1-0 posters and display materials on bulletin boards, table displays, etc. to promote the goals of 5-2-1-0! Display Materials include:

- Child posters
- Teen posters
- Printable 5-2-1-0 logos

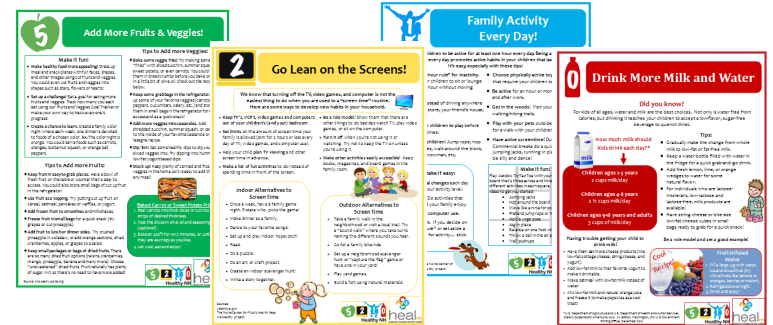


Education for Families

Educational handouts for parents and families.

Use these handouts to provide information to parents on our 5-2-1-0 messages:

- Fruit and vegetables
- Decreasing “screen time”
- Family style physical activity
- Increasing milk and water consumption



Goal Trackers

For each 5-2-1-0 message we have these easy-to-use Goal Trackers. These will help you set healthy goals and keep track of your progress. They can be used by both children and adults alike (try making healthy choices together as a family!). Our goal trackers will help you:

- Eat more fruits and veggies
- Get less “screen time”
- Be more physically active
- Drink more water and less soda and juice



Additional Resources

Use these handouts and resources to supplement the 5-2-1-0 messages. They are great educational handouts for both families and staff.

- Non-food reward ideas
- Healthy Celebration Ideas
- Healthy snacks
- Being a Role Model



For more information on 5-2-1-0 tools and materials, please visit our website at www.healthynh.com/5-2-1-0-healthy-nh

You may also contact us by phone at 603.225.0900.