SERVE HEALTHY MEALS AND SNACKS
Involving kids in the process: Children, especially young children, often have very little say throughout their day – what they wear, what they do and where they go is usually determined by adults. Learning to be independent is a key developmental step in childhood, but it doesn’t need to translate into a power struggle over eating healthy foods. When children are involved in the process – from shopping to cooking to serving the meal – they are more likely to try (and enjoy!) food when it’s on the table.

- Tips for Getting Kids to Eat Fruits and Veggies
- Serving Size is in the Palm of Your Hand
- Grocery Store Treasure Hunt
- Recipes for Healthy Kids – Homes
- Smart Shopping Tips

EAT MEALS AS A FAMILY
Coming together at least once each day for a meal as a family is a great way to encourage healthy eating behaviors in children. Kids who eat with their families are more likely to try new foods and eat more vegetables, fruits and whole grains. Gather around the table during the meal, and be sure to turn off the television.

- Making the Most of Mealtimes

CUT DOWN ON SUGARY DRINKS
Sugar-sweetened beverages are a large source of empty calories in many people’s diets. Over the course of a day, a month, and a year, those calories can add up quickly to unwanted weight. By switching your beverages to lower-calorie options, you can cut down on calories each day and pounds each year!

- Rethink Your Drink
- How Much Sugar Do You Drink?
- Which Milk for Growing Bones?

GROW A GARDEN AT HOME
Planting a garden at home is a great way to teach children about how fruits and vegetables grow. Kids who garden are more likely to try the fruits and vegetables they grow, and gardens teach them important life skills like cooperation and patience in the process. If you don’t have space for a full garden, try container gardening or window boxes – they are kid-sized and can make your home look beautiful!

- Gardening with Kids
- Tips for Gardening with Children
- Ten Tips on Gardening with Kids

FOR FAMILIES
Healthy kids are grown in healthy homes. Your role as a parent or caregiver is to provide a healthy environment for your children, including a nutritious diet, healthy beverages, plenty of physical activity and minimal screen time. A healthy home benefits you and your health, too. Together, your family can be active, healthy and happy. Just start with these steps.
SPEND TIME OUTSIDE
When children spend time outside, they improve their imaginations and creativity, strengthen their immune systems, gain greater respect for themselves and others, and decrease levels of stress, hyperactivity and risk of obesity. These benefits are true for you, too. Playing outside is fun, free and easy – just open the backdoor.

- 101 Things to do Outside
- Great Outdoors Fact Sheet
- Be Out There Report

LIMIT SCREEN TIME
The American Academy of Pediatrics recommends no screen time (TV, computers, video games, tablets or cell phones) for children under age two, and fewer than two hours of screen time per day for children two and older. The results are clear: Screen time is habit-forming and linked to obesity, difficulties with attention and hyperactivity, school performance problems, and emotional and conduct problems. Televisions and computers should be kept out of all bedrooms, and should not be on during meal times.

- High Five Event Calendar
- Things to Do in Idaho
- 101 Things to do Outside
- Fun Ways to be Physically Active

KEEP TRACK OF ACTIVITY LEVELS
Come together as a family to make goals and track your activity levels, screen time and nutrition. Check your progress on reaching your goals and improving your health.