

HEALTHY KIDS 5210+ CHALLENGE

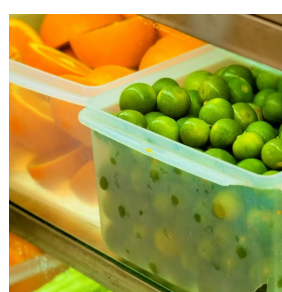
Mid-Challenge Tips

We are halfway through the Challenge and there's still ample time to reach 80 checkmarks by practicing the 5210+ healthy habits daily. For some mid-Challenge motivation, explore the resources below and stay on track to cross the finish line on February 28.

Note: This is an online document with links to web resources.



- [The best veggie recipes for kids](#)
- [Explore produce with kids](#)
- [Keep fruits & veggies fresher longer](#)
- [Winter season fruit and veggie recipes](#)
- [All things fruits and veggies](#)



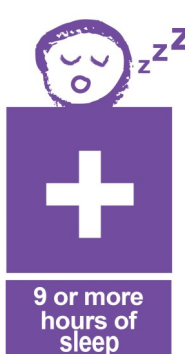
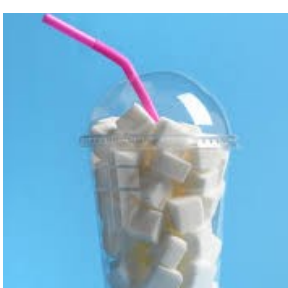
- [Screen time alternatives](#)
- [Family activities](#)
- [Indoor activities for kids](#)



- [GoNoodle fun, active videos](#)
- [Staying active during winter](#)
- [Winter exercise ideas for the whole family](#)



- [Tips for parents/guardians on limiting sugary drinks](#)
- [Rethink your drink](#)
- [Water-How much do kids need?](#)



- [Healthy sleep habits](#)
- [How to tell if your student is getting enough sleep.](#)
- [Bedtime relaxation for kids](#)

