

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.



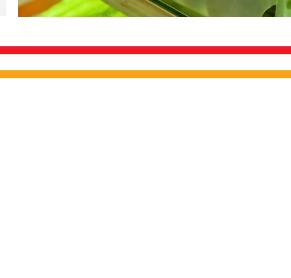
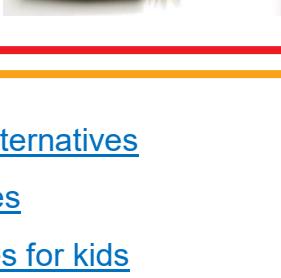
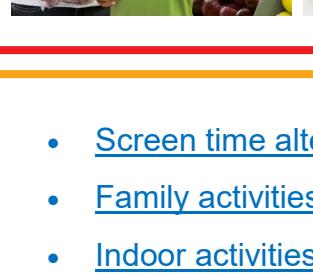
- [The best veggie recipes for kids](#)

- [Explore produce with kids](#)

- [Keep fruits & veggies fresher longer](#)

- [Winter season fruit and veggie recipes](#)

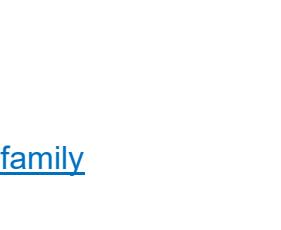
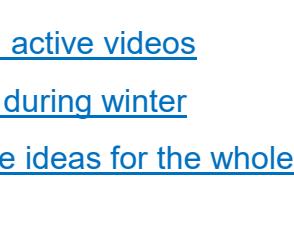
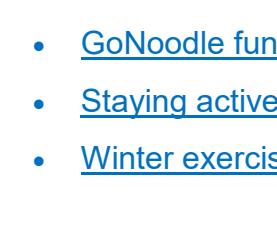
- [All things fruits and veggies](#)



- [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?](#)



z z z

+

9 or more hours of sleep

- [Healthy sleep habits](#)

- [How to tell if your student is getting enough sleep.](#)

- [Bedtime relaxation for kids](#)

