CHAMPIONS for CHANGE
Network for a Healthy California

Healthy Kids

Help Your Kids Power Up With Fruits, Vegetables, and Physical Activity

POWER PLAY

Why Should Kids Eat Fruits and Vegetables and Be Active Every Day?

Eating fruits and vegetables and being physically active are simple ways to make your family healthier. These healthy habits can help your kids:

- Concentrate and do better in school
- Feel good about themselves
- Grow and develop strong bodies
- Lower their future risk of diseases like obesity, type 2 diabetes, heart disease, and certain types of cancer

How Much Do My Kids Need Every Day?

The amount of fruits and vegetables you should eat every day depends on your age, gender, and physical activity level. Visit www.choosemyplate.gov to help you choose the foods and amounts that are right for each person in your family.

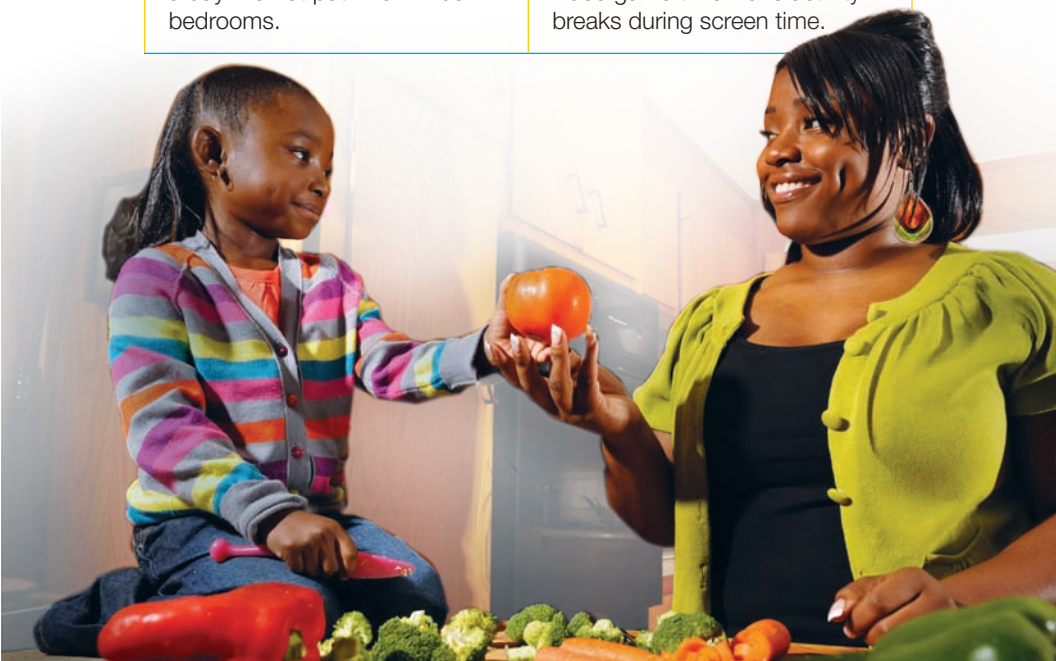
CHILDREN IN ELEMENTARY SCHOOL NEED:

- 1-2 cups of fruits
- 1½-3 cups of vegetables
- 60 minutes of physical activity

Your Family Has the Power!

Empower your child to make healthy choices.

PARENTS CAN...	KIDS CAN...
Keep fruits and vegetables in easy-to-reach places at home.	Choose fruits and vegetables when they make their own meals and snacks.
Include fruits and/or vegetables with every meal and snack.	Ask for fruits and vegetables they like to eat.
Offer new fruits and vegetables several times. Prepare them in different ways (raw vs. cooked, chopped vs. whole) to find which way your child likes them best.	Try new foods and let their parents know what they like or do not like about them. Agree to try the same food several more times.
Limit TV and video games (screen time) to 2 hours or less a day. Do not put TVs in kids' bedrooms.	Choose to watch only their favorite TV shows and limit their video game time. Take activity breaks during screen time.



Help Your Kids Eat More Fruits and Vegetables

Be a role model. Set a good example by choosing more fruits and vegetables yourself.

Make mealtime family time. Make a routine of having one sit-down meal together each day.

Get cookin' with your kids! When kids help choose and cook food, they are more likely to eat it. Younger kids can tear lettuce for salads, rinse fruits and vegetables, or break broccoli into smaller parts. Older kids can learn to chop and help cook.

Mix it in. Put extra vegetables into soups, casseroles, and pasta sauce. Add sliced fruit to unsweetened cereal or peanut butter sandwiches.

Take advantage of school meals! Kids who eat school meals tend to eat more fruits and vegetables. Enroll your child in the free or reduced-price school meals program if your family qualifies.

Encourage kids to help choose fruits and vegetables for their meals and snacks.

Shop Right When Money's Tight!

Did you know? A single serving of a fruit or vegetable usually costs less than 25 cents. Even a small food budget can have big health benefits.

Give children a specific task to complete while grocery shopping. For example, "pick out three pieces of fruit you will eat for snacks this week."

Buy fresh fruits and vegetables in season. They cost less and taste great! Visit a farmers' market for in-season, local produce.

Frozen and canned count! They are quick, easy, and still offer plenty of health benefits. Look for products without added fat, sugar, or salt.

Make the choice easy! Avoid arguments—leave high-sugar and high-fat foods at the store.

Check the label. Fruit drinks and punches do not have much real fruit juice. The label will tell you the percentage of juice. Buy only 100% juice, and serve whole and cut-up fruits and vegetables more often.

Compare the value. For the price of a restaurant meal, your family can have an easy and healthy store-bought meal.

RESTAURANT MEAL (about $14)	**STORE-BOUGHT MEAL** (about $14)
4 burgers, 4 fries, and 4 sodas	Rotisserie chicken, bagged spinach salad with lowfat dressing, loaf of whole wheat French bread, and nonfat milk
830 calories, no fresh fruits, vegetables, or milk, and 34 grams of fat per serving	**630 calories,** 1½ cups of vegetables, and 10 grams of fat per serving

Power Up Your Kids' Play!

Physical Activity + Fun = Power Play

Anything that gets kids' hearts beating faster and makes them breathe harder counts as power play.

Lead by example. Stay active yourself and be active with your kids. Go for family walks, ride bikes together, or play at a local park.

Add it up. Your kids should be active throughout the day for a total of 60 minutes of power play every day.

Agree on safe indoor activities. Kids can dance, hula-hoop, or exercise with kid-friendly fitness videos or to their favorite music.

Find help in your community.
Many communities offer low-cost or free after-school and summer programs. Check with your local school, parks and recreation department, YMCA, Boys & Girls Club, church, or other community groups.

Team up with your neighbors.
Take turns walking your kids to and from school and watching them when they play outside.

Take Action!

GET INVOLVED AT YOUR CHILD'S SCHOOL

- Encourage your school district's food service director to offer more fruit and vegetable choices at breakfast and lunch.
- Work with the school and other parents to plant a fruit and vegetable garden. For information on gardens in California schools, visit www.csgn.org.
- Talk with your child's teacher about nutrition and physical activity. Teachers can learn about free class materials at www.networkforahealthycalifornia.net/powerplay and www.harvestofthemonth.com.
- Work with the school's parent-teacher group to create a list of healthy fundraising, celebration, and snack ideas. To get started, visit www.networkforahealthycalifornia.net/powerplay.
- Ask the principal to open the playground before and after school for a safe place to be active.

CREATE HEALTHY COMMUNITIES

- Join friends and neighbors to talk to your local grocery and convenience store managers about the kinds of fruits and vegetables you would like to be able to buy at their stores.
- Work with local law enforcement to make your streets safer for walking and biking. For tools to help you, go to www.cawalktoschool.com.
- Ask your local farmers' market to accept Women, Infants, and Children (WIC) checks and EBT cards. If you do not have a farmers' market in your community, ask a nearby farmers' market manager about starting one. Visit www.cafarmersmarkets.com to find a market.
- For more ideas and tips, visit www.cachampionsforchange.net.

The *Network for a Healthy California—Children's Power Play! Campaign (Campaign)* is an initiative of the California Department of Public Health administered in part by the Public Health Institute.

The *Campaign* partners with the California Department of Education, the California Department of Agriculture, the American Cancer Society, and other agencies concerned with children's health.

For more consumer information, visit us at

www.cachampionsforchange.net

or call

1-877-847-3663

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EDMUND G. BROWN JR.
GOVERNOR
State of California

Diana S. Dooley
Secretary
California Health and Human Services Agency

Ron Chapman, MD, MPH
Director
California Department of Public Health

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