



Your child's school has been chosen to be part of a pilot project known as 5210. 5210 is a public education campaign to bring awareness to the daily guidelines for nutrition and physical activity. Its message is simple and clear and represents some of the most important steps families can take to prevent childhood obesity:

- 5** Fruits and vegetables...more matters! Eat at least 5 servings a day.
Limit 100% fruit juice.
- 2** Cut screen time to 2 hours or less a day.
- 1** Participate in at least one hour of moderate to vigorous physical activity every day.
- 0** Restrict soda and sugar-sweetened sports and fruit drinks.
Instead, drink water and 3-4 servings/day of fat-free/skim or 1% milk.

As part of the 5210 program, your child is encouraged to participate in a poster-making contest. Student-created posters are going to serve as daily reminders for the 5210 messages in the school cafeteria.

Project details/requirements:

- All posters must be submitted to the school office no later than:
- Submitted posters must include student's name, grade, school and teacher
- Posters are to be submitted on 8 1/2 inch by 11 inch paper (selected posters will be enlarged later)
- Art work to be done in color
- Each poster to focus on one number of the 5210 message (example: 0 for 0 sugary beverages each day)
- Students can work individually or with others
- Students can submit more than one poster



Thank you for encouraging your child to participate in the 5210 program!