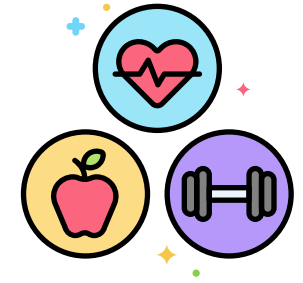


September 2026

5-2-1-0 Feature

Here is how you can put 5-2-1-0 into action this month:



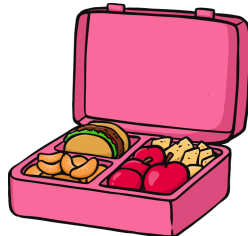
National Food Safety Education Month Keep Food Safe at Home

Eating safe food helps keep your family healthy. Simple food safety habits can prevent you from getting sick.

- **Clean:** Wash your hands and kitchen surfaces often
- **Seperate:** Keep raw meat away from other foods
- **Cook:** Cook foods to the right temperature
- **Chill:** Refridgerate leftovers within two hours

Packing school lunches?

Use an insulated lunch bag with an ice pack to keep cold foods safe until lunchtime.



International Clean Hands Week

Washing your hands is one of the best ways to stop the spread of germs.

Wash your hands:

- Before eating or preparing food
- After using the restroom
- After coughing, sneezing, or blowing your nose
- After playing outside or touching animals



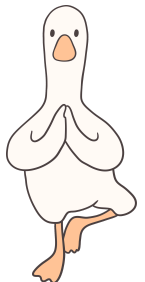
Use soap and water for at least 20 seconds. Clean hands help keep everyone healthy at school and at home.

National Yoga Month

Yoga is a fun way to stay active while helping your body and mind feel their best.

Yoga improves balance and flexibility, builds strength, and reduces stress.

Try stretching or doing a few simple yoga poses for 10-15 minutes each day. Every move counts toward your one hour of daily physical activity!



National Childhood Obesity Month

About one in five children in the U.S. has obesity. Building healthy habits early can lower the risk of health issues later in life, like type 2 diabetes, high blood pressure, and heart disease.

Try these healthy habits as a family:

- Fill half your plate with fruits and vegetables
- Choose water instead of sugary drinks
- Get at least 60 minutes of physical activity every day
- Keep recreational screen time to two hours or less
- Make sure children get enough sleep each night

Healthy habits are easier when the whole family joins in. Go for a walk after dinner, play outside together, cook healthy meals, or let kids help choose a new fruit or vegetable to try. Every step adds up and helps children build healthy habits that can last a lifetime.



National Fruits and Veggies Month

Add more color to your plate!

Fruits and vegetables give your body vitamins, minerals, and fiber to stay healthy.

Easy ways to eat more:

- Add fruit to breakfast
- Pack vegetables like carrots, cucumbers, or bell peppers in school lunches (try adding hummus for a veggie dip)
- Choose fruits or vegetables for snacks instead of chips or candy
- Fill half your plate with fruits and vegetables at meals

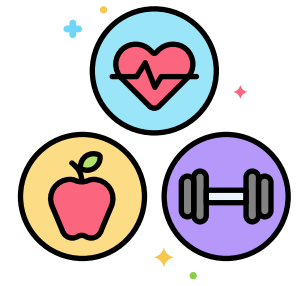
Fresh, frozen, canned (low sodium), and no sugar-added fruits all count toward your goal of five servings of fruits and vegetables daily!



Septiembre

Edición 2026

Here is how you can put 5-2-1-0 into action this month:

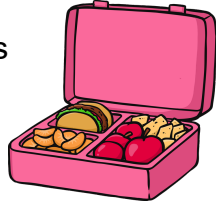


Mes Nacional de Educación sobre la Seguridad Alimentaria

Mantén la comida segura en casa

Comer alimentos seguros ayuda a mantener la salud de tu familia. Los hábitos simples de seguridad alimentaria pueden prevenir enfermedades transmitidas por los alimentos.

- **Limpia:** Lávate las manos y las superficies de la cocina con frecuencia
- **Separa:** Mantén la carne cruda alejada de otros alimentos
- **Cocina:** Cocina los alimentos a la temperatura correcta
- **Refrigera:** Guarda las sobras en el refrigerador dentro de las dos horas



¿Preparando almuerzos para la escuela? Usa una lonchera aislante con una bolsa de hielo para mantener los alimentos fríos seguros hasta la hora del almuerzo.

Semana Internacional de Manos Limpias

Lavarse las manos es una de las mejores maneras de evitar la propagación de gérmenes.[eos]

Lávate las manos:

- Antes de comer o preparar comida
- Después de ir al baño
- Después de toser, estornudar o sonarte la nariz
- Después de jugar afuera o de tocar animales



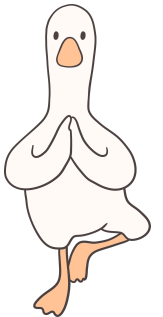
Usa agua y jabón durante al menos 20 segundos. Mantener las manos limpias ayuda a que todos se mantengan saludables en la escuela y en casa.

Mes Nacional del Yoga

El yoga es una forma divertida de mantenerse activo mientras ayudas a tu cuerpo y mente a sentirse mejor.

El yoga mejora el equilibrio y la flexibilidad, fortalece el cuerpo y reduce el estrés.

Prueba estirarte o hacer algunas posturas de yoga simples durante 10-15 minutos cada día. ¡Cada movimiento cuenta para tu hora diaria de actividad física!



Mes Nacional de la Obesidad Infantil

Alrededor de uno de cada cinco niños en Estados Unidos tiene obesidad. Crear hábitos saludables desde temprano puede reducir el riesgo de problemas de salud más adelante, como la diabetes tipo 2, la presión alta y las enfermedades del corazón.

Prueba estos hábitos saludables en familia:

- Llena la mitad de tu plato con frutas y verduras
- Elige agua en lugar de bebidas azucaradas
- Haz al menos 60 minutos de actividad física todos los días
- Limita el tiempo de pantalla recreativa a dos horas o menos
- Asegúrate de que los niños duerman lo suficiente cada noche

Los hábitos saludables son más fáciles cuando toda la familia participa. Da un paseo después de la cena, juega al aire libre juntos, cocina comidas saludables o deja que los niños ayuden a elegir una nueva fruta o verdura para probar. Cada paso cuenta y ayuda a los niños a crear hábitos saludables que pueden durar toda la vida.



Mes Nacional de Frutas y Verduras

¡Agrega más color a tu plato!

Las frutas y verduras le dan a tu cuerpo vitaminas, minerales y fibra para mantenerse saludable.

Formas fáciles de comer más:

- Agrega fruta al desayuno
- Empaca verduras como zanahorias, pepinos o pimientos en las loncheras
- Elige frutas o verduras como meriendas en lugar de papas fritas o dulces
- Llena la mitad de tu plato con frutas y verduras en las comidas

¡Las frutas frescas, congeladas, enlatadas (bajas en sodio) y sin azúcar añadida cuentan para tu objetivo de cinco porciones de frutas y verduras al día!





Are my kids getting enough physical activity?

You know kids need physical activity to grow up strong and healthy.

But did you know it can help them feel better right away?



Better sleep



Better mood



Better grades

And when your kids are feeling good, your life is easier, too. So find ways to help your kids fit more activity into their day.

How much do they need?

Kids and teens ages 6 to 17 need at least **60 minutes** every day.

Most of it can be **moderate-intensity aerobic activity**. Anything that gets their heart beating faster counts.



At least 3 days a week, encourage your kids to step it up to **vigorous-intensity aerobic activity**.



Is it moderate or vigorous?
Use the “talk test” to find out.

When you’re being active, try talking:

- ✓ If you’re breathing hard but can still have a conversation easily, it’s **moderate-intensity activity**
- ✓ If you can only say a few words before you have to take a breath, it’s **vigorous-intensity activity**

As part of their daily 60 minutes, kids and teens also need:

Muscle-strengthening activity

At least 3 days a week



Anything that makes their muscles work harder counts — like climbing or swinging on the monkey bars.

Bone-strengthening activity

At least 3 days a week



Bones need pressure to get stronger. Running, jumping, and other weight-bearing activities all count.

My kids are younger than 6. What about them?

Younger kids love to be active naturally!

- Aim to keep them moving 3 hours a day — and more is better
- Limit time when they're just sitting around (like screen time)

What counts?

Whatever gets them moving!



Encourage active play with friends



Give them rewards for active chores



Sign them up for free or low-cost sports or classes



Or get active together!



Make your morning walks a race



Dance while dinner's in the oven



Show them your favorite ways to move

Most of all, help them find activities they really like to do!

It all adds up. And so do the benefits.

Help them get active now, and they'll build healthy habits for life. So take the first step. Get your kids moving. And when you can, move with them!

Find out how your kids can get 60 minutes of activity every day.

health.gov/MoveYourWay/Get-Kids-Active





60 A DAY!

You know how sometimes it's really, really hard to sit still?

When you're young, your body **wants** to move — naturally!
(Adults, not so much.)

YEP.



So get active every day — and feel great!

Moving more can give you a boost — in lots of ways.

SUCH ENERGY!

SO SELF-CONFIDENT!

VERY RELAXED!

AMAZING GRADES!*

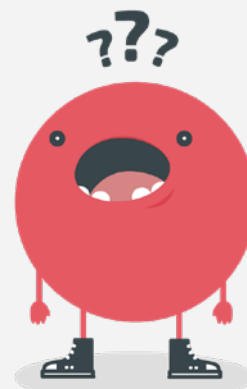


* It's true — physical activity can actually help you do better in school.

How much activity do I need?

If you're between age 6 and 17, you need at least

60 minutes of activity each and every day.



So, what kind of activity do I need?



Get a mix of activity. Do things that:



Strengthen
your bones



Build your
muscles



Make your heart
beat faster



Um, strengthen
my bones?

Sounds weird, right? But bones need pressure to get stronger. So hit the ground running! Jump, sprint, or do a cartwheel.

60 minutes all at once? I'm pretty busy.

Not a problem! Split up your 60 minutes over the day however you want — it all adds up!



Before school

Walk to school or the bus stop!
Dance around the living room!



At recess

Play with your friends!
Swing on the monkey bars!



After school

Walk your dog!
Go to basketball practice!

So get moving! Do activities you enjoy!

Be a good role model for your parents. Even better, go home and get them moving, too.

Walk. Run. Dance. Play. What's **your** move?

