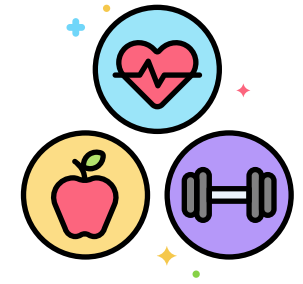


September 2026

5-2-1-0 Feature

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



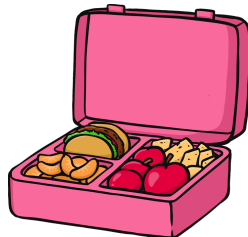
National Food Safety Education Month Keep Food Safe at Home

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



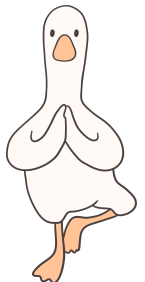
Use soap and water for at least 20 seconds. Clean hands help keep everyone healthy at school and at home.

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!

