



**five two one
almost none**

521 Almost None is supported by WNC Healthy Kids, a regional initiative collaborating to prevent and reduce childhood obesity in Western North Carolina, www.wnchealthykids.net.

WNC Healthy Kids is an initiative of WNC Health Network.

Created by:
Buncombe County Department of Health and Human Services

For more informaton contact

Your school nurse: _____

EAT
FRUITS & VEGGIES
Eat at least 5 fruits & veggies every day



CUT
SCREEN TIME
Keep screen time to 2 hours or less



PLAY
EVERY DAY
Play for at lesat 1 hour every day



DRINK
LESS SUGARY DRINKS
Drink as few sugared drinks as possible





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Take the 521 Almost None Pledge!

What Does 521 Almost None Mean?

5 Eat at least 5 servings of fruits and vegetables a day

2 No more than 2 hours of screen time

1 Be active at least 1 hour a day

Almost None Drink as few sugary drinks as possible

I, _____, pledge to make healthy choices for myself. I pledge to live and share the 521 Almost None message.

X _____

(sign your name)

TIPS FOR PICKING A GOOD GOAL

Pick a goal...

You can do

You will do

Will help make you healthy

DRINK

LESS SUGARY DRINKS

Drink as few sugared drinks as possible



Week 3 Goal	Goal:	Week 4 Goal	Goal:
Mon		Mon	
Tues		Tues	
Wed		Wed	
Thur		Thur	
Fri		Fri	
Sat		Sat	
Sun		Sun	

almost none

Write down your weekly goal in the top box.

almost none

Write or draw how it felt to meet your goal next to the days you met it.

DRINK

LESS SUGARY DRINKS
Drink as few sugared drinks as possible



Goal examples: 1. Drink water or milk with meals. 2. Only one sugary drink per day.

Week 1 Goal	Goal:	Week 2 Goal	Goal:
Mon		Mon	
Tues		Tues	
Wed		Wed	
Thur		Thur	
Fri		Fri	
Sat		Sat	
Sun		Sun	

521 AlmostNone Pledge!



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For Parents and Guardians

5 Eat at least 5 servings of fruits and vegetables a day

2 No more than 2 hours of screen time

1 Be active at least 1 hour a day

Almost None Drink as few sugary drinks as possible

I, _____, pledge to help make the healthy easy for my child. I pledge to live and share the 521 Almost None message.

X _____

(sign your name)

TIPS FOR PROVIDING SUPPORT

Offer food that is healthy at every meal, such as vegetables and whole fruits.

Eat meals at the same time every day.

Talk to your doctor or school nurse if you feel something is not working

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EAT

Fruits and Veggies

Eat at least 5 servings of fruits and vegetables a day.

Not sure what to try?

Make a rainbow on your plate with colorful fruits and veggies!

Try a bite!
Sometimes it can take tasting a fruit or vegetable up to 7 times before you like it.

Hint! 1 serving of fruits or vegetables is 1/2 cup or the size of your head.



DRINK

Less Sugary Drinks, Choose Water Instead!

Avoiding sugary drinks can be hard.

Ideas to Try

Carry a cool water bottle that you can refill on the go.

Add lemon, lime, or orange slices to your water to add flavor

If you have juice, mix 1/2 with water.



**My 5-2-1 Almost None
Healthy Habits Plan**

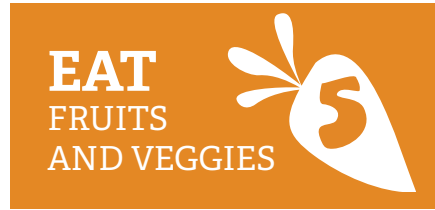
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**My 5-2-1 Almost None
Healthy Habits Plan**

Goal examples: 1. Eat a vegetable or fruit for snack. 2. Make 1/2 my plate fruits and veggies at mealtimes.

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Mon		Mon	
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My 5-2-1 Almost None Healthy Habits Plan

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My 5-2-1 Almost None Healthy Habits Plan

Goal examples: 1. Play 60 minutes each day. 2. Try a new activity each day.

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PLAY

Every Day

Get moving for at least an hour or more every day.

What to do outside

Go exploring for sticks and rocks.

Jump rope.

Go on a bike ride.

What to do inside

Play music and dance.

Jumping jacks.

Build a fort.



CUT

Screen Time

Limit your screen time to no more than 2 hours

What to do with no TV or video games

Play outside with friends.

Join a sports team at school.

Read a book.

How to decrease screen time

Turn off the TV during mealtimes.

Only watch the really good shows.

Do jumping jacks during commercials.



My 5-2-1 Almost None Healthy Habits Plan

Goal examples: 1. Only watch 2 TV shows per day. 2. Limit video games to 1 hour per day.

Week 1 Goal	Goal:	Week 2 Goal	Goal:
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