

5210 FEATURE AUGUST

In this 5-2-1-0 Feature,
you will learn about:

- Flavored Water
- Strategy #2
- Melons



FIND MORE 5-2-1-0 RESOURCES:
www.iowahealthieststate.com/5210

WHAT'S YOUR "FLAVOR"-ITE?

Infused water is so refreshing – especially in the summer! Create a water tasting station using fruit, veggies and herbs. Let the flavors sit for a few hours in the fridge before serving. Conduct a taste test and have students and staff vote on their “flavor”-ite infused waters.



FLAVOR COMBOS:
cucumber + honeydew
orange + lemon
strawberry + basil
raspberry + lime
frozen watermelon cubes
grapefruit + mint
blackberry + thyme

5-2-1-0 Strategies For Success

STRATEGY #2: Limit or eliminate sugary drinks. Provide water.

- Does your site/school has a vending machine policy limiting sugary drinks available to students and/or staff?
- Does your site/school provides access to fresh drinking water, in all spaces at no cost to students and staff at all times?

MUNCH ON MELONS!

Try them all: There are around 30 different types of melon, including watermelon, cantaloupe and honeydew. Melons are excellent sources of Vitamins A and C.



Find posters, learning activities and other resources for Food of the Month:



#HealthyChoicesCount