

5-2-1-0 FEATURE FEBRUARY

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

- Staff Wellness
- Strategy #9
- Eggs



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

SHOW YOUR STAFF SOME WITH WELLNESS

A staff wellness program can strengthen the 5-2-1-0 messages that kids are already receiving. Here are a few ways to incorporate staff wellness:

- Provide healthy food options at staff celebrations and meetings
- Work with healthy vendors near your school to provide discounts or coupons to staff
- Ask the physical education teacher to lead physical activity breaks during professional development days
- Don't forget about staff mental health! Visit MakeltOK.org/iowa for free resources and training opportunities

5-2-1-0 Strategies For Success

STRATEGY #9: Implement a staff wellness program that includes healthy eating and active living

- Does your site include staff wellness in your wellness policy?
- Does your site provide opportunities for staff education and resources related to healthy eating, active living and social-emotional wellness?
- Does your staff serve as role models for healthy behaviors?

AN EGG-CELENT SOURCE OF PROTEIN

Eggs contain many nutrients like Protein, Choline, Vitamin B12, Riboflavin, Biotin, and Selenium.



Scan to find posters, learning activities
and more Food of the Month resources:



[#HealthyChoicesCount](https://twitter.com/HealthyChoicesCount)