



Healthy Choices Count!

NOVEMBER

SERVE SCREEN-FREE CONNECTIONS
DURING THIS HOLIDAY SEASON

THE CONNECTION BETWEEN HEALTH AND FAMILY TIME

While on break from work and school, take this opportunity to step away from the screens and make meaningful connections. It starts at home: Did you know these simple and free family activities come with some serious health benefits?

- **Family Meals:** Kids who eat regularly with their families are more likely to eat fruits, vegetables and whole grains.
- **Family Walk:** Bundle up and take a 30-minute walk to feel the physical, mental and social health benefits.
- **Family Reading:** Reading is key for brain development, plus reading together encourages family bonding.

TIP: Designate a "screen-free" day, where physical activity, reading and spending quality time together is prioritized.



HOLIDAY INSPIRED CONNECTION IDEAS

PRACTICE GRATITUDE

Thanksgiving is a great time to focus on thankfulness. Need some help getting started? Use the [My Gratitude Challenge](#) worksheet from Hy-Vee KidsFit to reflect. Then share your gratitude with family and friends.



GIVE BACK

Volunteering can help you feel a greater connection to your community. Make a meal for a family in need, donate to a toy or book drive, make tie blankets for a shelter or find a volunteer opportunity near you.



SPARK CONVERSATIONS

Serve up meaningful conversation on your holiday dinner table with [Conversation Starters](#) from the Family Dinner Project. It's simple: Print, cut, and place in a bowl. Take turns drawing prompts and answering.



Learn more and access free resources: iowahealthieststate.com/5210



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