

5-2-1-0 Goes to Child Care

Program Overview

5-2-1-0 Goes to Child Care is a program aimed at increasing healthy eating and physical activity in the child care environment. The program endorses the “5-2-1-0” message, which emphasizes the importance of:

- 5** or more fruits & vegetables
- 2** hours or less recreational screen time*
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.

Through use of the 5-2-1-0 Goes to Child Care framework, child care programs, staff, and parents can create a healthier child care environment. Listed below are nine key strategies that can be used individually or collectively in child care programs to address the policies, practices, and environments that influence healthy lifestyle behaviors.

Nine Strategies for Success:

- Encourage healthy choices for snacks and celebrations.
- Participate in local, state, or national initiatives that promote physical activity and healthy eating.
- Include community organizations in wellness promotion.
- Involve and educate families in initiatives that promote physical activity and healthy eating.
- Encourage water and low fat milk instead of sugar-sweetened drinks.
- Discourage the use of food as a reward; use physical activity as a reward.
- Incorporate physical activity into the program day.
- Develop a 5-2-1-0 friendly staff wellness program.
- Implement or strengthen a wellness policy that supports the 5-2-1-0 strategies.

For more information,
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