

A Creative Way to Connect

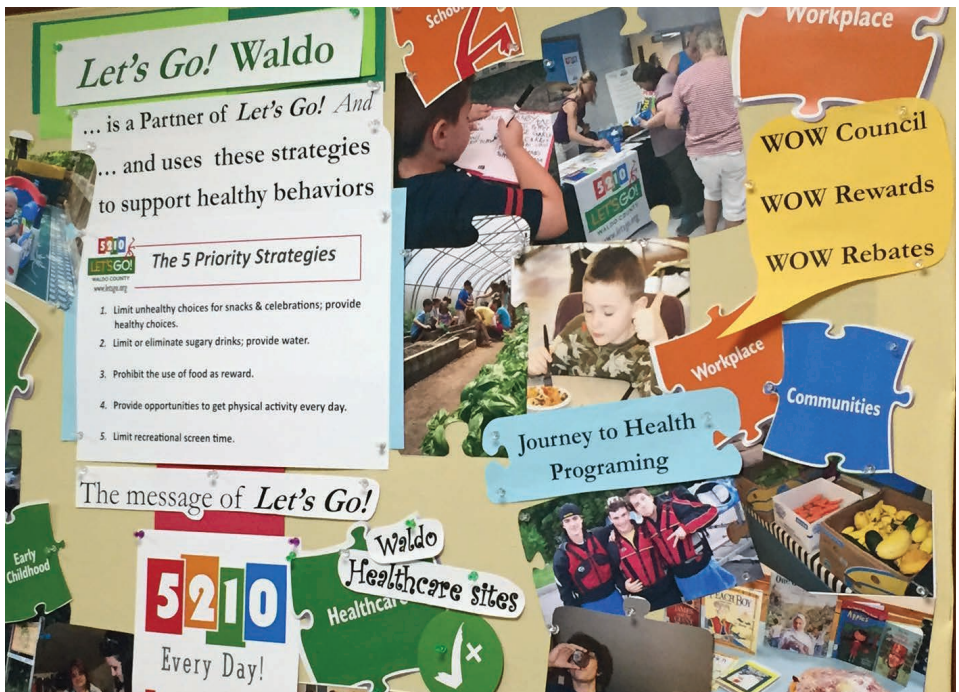
HEALTHY BULLETIN BOARDS

Bulletin boards provide a fun and easy way to deliver healthy eating and active living messages to kids and their families. Kids and staff can work together to decorate the bulletin board.

Here are some ideas for your healthy bulletin board:

- Post materials from the 5-2-1-0 Goes Out-of-School Toolkit.
- Ask kids to create 5-2-1-0 themed art for the board.
- Post photos of your kids eating healthy foods and being active.
- Post your program's 5-2-1-0 goals and post updates on your progress.
- Feature a fruit or vegetable of the month.
- Feature healthy community activities such as local outdoor activities, fitness events, health fairs, supermarket tours, and farmers' markets.
- Post news articles on healthy eating and active living.
- Highlight activities and local foods based on the season.

Make sure your bulletin board is placed in an area where kids, staff, and parents will see it. And don't forget to let parents and community members know they are welcome to contribute to the board!



Be creative
and **have fun!**