



*"Learning Today, Leading Tomorrow"*

Dear Families:

We are pleased to announce the Central City Community School District is participating in Healthiest State Month. Each week of October will be dedicated to celebrating the 5-2-1-0 Healthy Choices Count! Campaign.

This program is helping create healthier environments in schools, child care and out-of-school programs, health care practices, workplaces, and communities – the places where children and their families live, learn, work, and play. It is centered around the common message of 5-2-1-0

- 5 or more fruits or vegetables a day
- 2 hours or less of recreational screen time
- 1 hour or more of physical activity
- 0 sugary drinks – drink more water!

As a part of the Healthiest State Month, we will be working hard to improve our nutrition and physical activity environment and adding the 5-2-1-0 behaviors into our daily activities. As part of our work, you may hear your child talking about 5-2-1-0. Don't hesitate to get involved or ask what we are working on. Learn more about 5-2-1-0 Healthy Choices Count at [www.iowahealthiestate.com/5210](http://www.iowahealthiestate.com/5210).

Sincerely

*Denise Starny, Food Service Director*

**Central City Community School District**