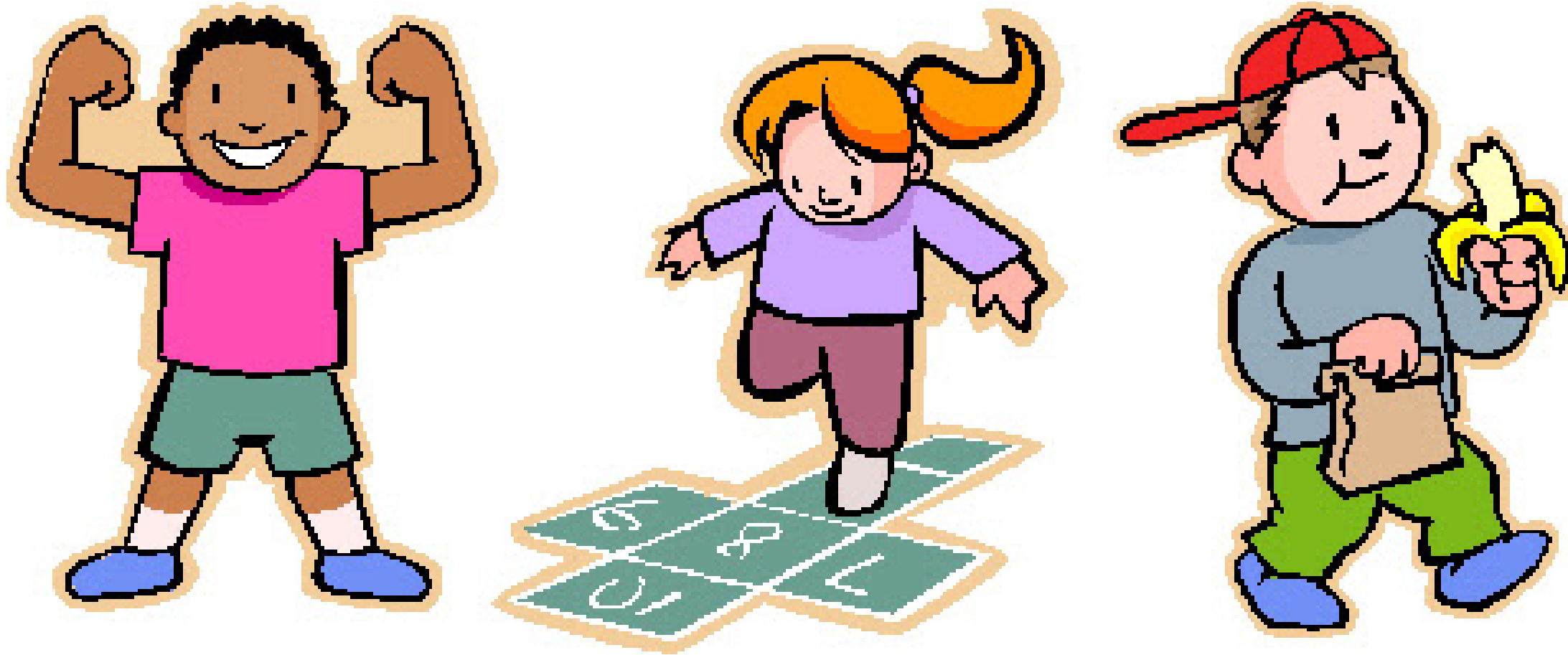


Healthy Kids Healthy Allentown



Strive for:

- ✓ 60 minutes Physical activity per day, outside play is preferable
- ✓ No sugar-sweetened beverages
- ✓ Low Fat (1%) or non-fat milk for children older than 2 years
- ✓ Water throughout the day
- ✓ A fruit or vegetable at meals or snacktime

