

# September: Go for Fruits & Vegetables and Move More!

*Healthy Eating + Physical Activity =  
Better Health and Better Students*

Help your child to eat more “Go Foods” and less “Whoa Foods.”

“Go Foods” can be eaten any time, like fruits and vegetables. Serve your child 2 fruits and 3 vegetables each day.

Children need to be active one hour each day. Suggest that your child take 5 -10 minutes activity breaks every 20 – 30 minutes when they are doing their homework. And, limit screen time to less than 2 hours per day.

Check out [www.HealthMPowers.org](http://www.HealthMPowers.org) and follow us on    @HealthMPowers

## **Attention Families:**

Go to the **September** section of your child’s student planner and read the information on healthy eating and physically activity.

As a family, complete all of the activities for the month of **September**. For example, students in grades 1-2, complete the **Family Challenge**. Students in grades 3-5, complete the weekly **Take Home Healthy Habits Challenge**.

