

# Make Way for Healthy Play Every Day



## Choose Foods that Fuel You

Make nutrient-rich snacks and meals together



Fruits and  
Vegetables



Whole Grains  
and Protein



Water and Milk



## Get Moving

Stay active for at least 60 minutes every day



Walk



Dance



Play



## Be Screen-Free

Have fun with your family



Read



Draw



Play Outside



## Make Healthy Habits Fun

Add songs and games to your daily routines



Wash hands



Brush teeth



Set a bedtime

Count with me! How many healthy play activities did we do today?

