

Eat 5 fruits and vegetables every day. • Healthy foods are ANYTIME FOODS.

Foods with high sugar, fat and salt are SOMETIMES FOODS. • Eat together as a family. • Be active everyday!

Sesame Street Welcome

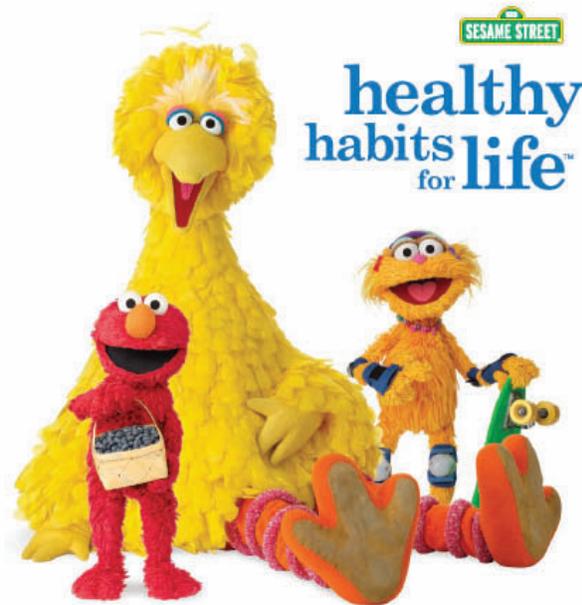


As part of WIC's Healthy Habits Campaign, we are happy to give each family a Sesame Street Mini-Kit. This kit contains:

- A storybook with some fun activities you can read with your child.
- A mini-magazine filled with tips, activities and cut-apart recipes.
- A Sesame Street DVD featuring short videos and songs that talk about healthy habits.

**(These are in English and Spanish)*

We hope you enjoy your kit!



Produced in partnership with:
Nemours

Health &
Prevention Services

KidsHealth
kidshealth.org

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WV Health
Division of Public Health

5 key messages:

- Eat 5 fruits and vegetables every day!
- Anytime foods are so good for you, they may be eaten anytime. Eat a vegetable at every meal! These foods include fruits, vegetables, beans, whole grains and low fat milk. These foods are all in the new WIC food packages!
- Sometimes foods are usually high in sugar, fat or salt, so enjoy them sometimes.
- Eat together as a family.
- The more you move, the healthier your body is, so be active every day!

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Healthy Habits for Life Magazine

- If you look on page 1, you can choose some activities to get your child moving. You'll see them on the right hand side of the page.
- On page 2, try reading the poem and act out the words with your child.
- "Sometimes" and "Anytime" foods are on page 3. You can talk with your child about what these are and try to get them to taste something different. Look at the food ideas that show "Try this..." at the bottom of the page.
- See the grocery shopping tips on page 4 and include them with your child when you shop and when you put your grocery items away at home.
- Try some of the simple recipes and activities with your child. Have your child help you prepare the new recipe.

Healthy Habits for Life DVD

Your Sesame Street "Healthy Habits for Life" DVD is organized by three general selections:

The "Get Healthy Now Show"
"Select A Scene"
"View and Do"

As the DVD opens, you will have a choice of either English or Spanish versions. Click on your choice. Next, you will see the Main Menu where you may make one of the three selections listed above. You may also add subtitles if needed for the hearing impaired.

Now let's look at the "Get Healthy Now Show." If you choose to use the "Get Healthy Now Show" you can view the entire show in sequence and read along with the storybook. This entire portion of the DVD will take approximately 24 minutes to play. In it, you will find activities for each segment in which you may stop the DVD and have the children participate. You can also follow along with the Storybook, which has some suggestions for activities.



This institution is an equal opportunity provider.

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