

Red, White and



Here are some tips on how to enjoy a 5-2-1-0 Fourth of July holiday with your friends and family:

- Have a healthy breakfast that includes whole fruits, such as grapefruit or apples.
- Discourage skipping meals, as this can lead to over-eating later in the day.
- Some healthy food ideas for a barbecue include:
 - Grilled veggies (peppers, mushrooms, onions, eggplant, etc.)
 - Fruit salads with yogurt-based dips
 - Veggie or fruit kabobs with lean meat and pineapple or peppers
 - Bean chili made with loads of veggies and beans
 - Baked sweet potato fries
 - Use naturally colored blue and red fruits and vegetables in desserts or snacks.
- Encourage family and friends to bring healthy foods. Send out recipe ideas before the holiday to give them ideas.
- Bring healthier snacks such as apple slices and peanut butter, carrots and hummus, or homemade kale chips. You can munch on them while watching fireworks!

5 OR MORE
FRUITS &
VEGETABLES
EVERY DAY

2 HOURS
OR LESS
RECREATIONAL
SCREEN TIME
EVERY DAY

1 HOUR
OR MORE
OF PHYSICAL
ACTIVITY
EVERY DAY

0 SUGARY
DRINKS AND
MORE
WATER
EVERY DAY

- Encourage outdoor activities instead of screen time.
- Play board games and card games, or take a trip to the swimming pool.
- Participate in Fourth of July races or organized walks.
- Take family with you on a morning walk to the park.
- Include various outdoor activities throughout the day, such as tag, volleyball, basketball, hopscotch, jump rope, corn hole, Frisbee or horseshoe.
- Walk or ride bikes to the fireworks viewing site. If you must drive, park farther away from your destination so that you will be able to walk more.

- Serve water and fruit-infused water as beverages throughout the day.
- Be sure to bring water with your snacks to watch fireworks.
- Make your own [Phipps Splash!](#) See the recipe below:
 - 2 oz. fruit puree of freshly squeezed juices
 - 6 oz. sodium-free seltzer waterMix seltzer water and fruit puree. Stir. Pour over ice in a 10 oz. cup.

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Download more 5-2-1-0 resources at letsmovepittsburgh.org/5210. To start a 5-2-1-0 campaign at your home or organization, please contact letsmove@phipps.conservatory.org.

