



How Military Dining Facilities May Support 5210 Healthy Military Children

5210 Healthy Military Children is a Military-wide plan to improve child health. It spreads a common message throughout children's communities: where families work, live, and play. The message represents four healthy behaviors children should achieve each day:



5 or more servings of fruits and vegetables

2 or fewer hours of recreational screen time⁺

1 or more hours of physical activity

0 sweetened beverages

⁺ *review guidelines on parenting strategies to ensure quality screen time (AAP, 2015)*

Military dining facilities are important components of Military communities' food environments. The people they feed are leaders, role models, and parents of Military children. Therefore, when Military dining facilities prioritize and encourage healthy eating and drinking, they support influential adults who can model and promote healthy behaviors for children. With that in mind, the resources assembled in this toolkit are designed to help Military dining facilities encourage healthy eating and drinking and provide ideas for their patrons to promote healthy behaviors in their families and communities.

The following materials are available for Military dining facilities:

1. **Tips At Military Dining Facilities handout** – targets Military dining facility patrons, and provides them with cafeteria-specific tips to increase fruit and vegetable consumption, and decrease sweetened beverage consumption.
2. **Tips At Military Dining Facilities posters** - enlarged versions of the Tips At Military Dining Facilities handout are available in two sizes (27" x 40" and 38" x 56") to hang in highly-visible locations.
3. **Definitions & Recommendations handout** – explains the 5210 message and its research basis.
4. **Smarter Workplace Cafeterias handout** – targets the Military dining facility rather than its patrons, and includes tips for creating a food environment that nudges patrons into making healthier decisions.
5. **Be Choosey In The Dining Hall handout** – a handout from the USDA Choose MyPlate website with ideas for making the healthiest choices at dining halls.

We recommend hanging the poster in highly visible locations in Military dining facilities and placing the handouts in highly visible locations, such as at the cash registers and on the dining tables. Digital versions are available and may be inserted into newsletters and uploaded to websites and via social media.

For more information, visit 5210 online at www.5210.psu.edu or email us at 5210@psu.edu. We will be happy to answer your questions!