

Healthy Tips Table of Contents

Click on items in color to view or download the document.

Healthy Eating and Fitness Resources

Preschoolers

What to Do if Your Toddler Hates Vegetables
Hunger and Preschoolers
Feeding Your 1-2-Year-Old
Avoiding Eating Power Struggles with Toddlers
10 Great Tips for Parents and Feeding Their Kids
5-2-1-Almost None Handout

Elementary School

How to Grocery Shop
Healthy Lunch Tray
Get Packin' Handout
10 Tips for Choosing Snacks - English
10 Tips for Choosing Snacks - Spanish
The Importance of Family Meals
How to Pack a Healthy Lunch
Healthy After-School Snacks
5-2-1-Almost None Handout

Tweens and Teens

Top 10 After-School Programs
Snacking Tip Sheet for Teens
How to Talk to Kids about Weight and Obesity
5-2-1-Almost None Handout

Community Referral Resources

UF Health Pediatric Weight Management Center –
Wolfson Children's Hospital
Nemours Healthy Lifestyle Learning Classes
YMCA Nutrition Program
YMCA Fitness Program
List of Registered Dietitian Nutritionists (RDNs)
in Greater Jacksonville Area
Jacksonville Community Fitness Resources
Local After-School Programs
Grocery Shopping Suggestions in Northeast Florida
5-2-1-Almost None Handout
More Jacksonville Community Health Resources

Additional Resources

Healthy Living Activity Sheets

Kid Placemat
Family Activity Sheet
Coloring Sheet
Cartoon Coloring Food Label Sheet

Fruit and Vegetable Flyers

| | |
|-------------|------------|
| Avocado | Mushroom |
| Bell pepper | Okra |
| Blueberry | Peanut |
| Broccoli | Potato |
| Carrot | Snap bean |
| Cauliflower | Spinach |
| Cucumber | Squash |
| Grapefruit | Strawberry |
| Guava | Sweet corn |
| Lettuce | Tomato |
| Mango | Watermelon |
| Milk | |

5-2-1-Almost None Handouts

Almost None Sugary Drinks – Parents
Almost None Sugary Drinks – Children
5 Fruits and Veggies
2 Hours Screen Time – Parents
2 Hours Screen Time – Children
1 Hour Physical Activity – Parents
1 Hour Physical Activity – Children
Placemat

Program provided by:

