

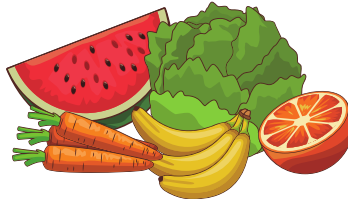
HEALTHY HABITS



FOR FAMILIES AND THE EARTH



Sleeping
10-12 hours



Eating 1-2 cups of
fruit and 1-3 cups
of vegetables



Being active
60 minutes+



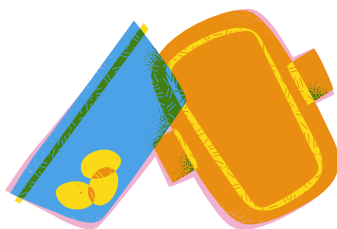
Spending
90 minutes+
outdoors
TRY BAREFOOT



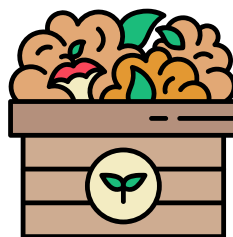
Enjoying a quiet
sitting spot



Walking, biking,
running, skipping
to your school,
park, library



Using reusable
containers for
school lunch and
snacks



Composting
produce eggshells,
coffee grounds, nut
shells, shredded
paper, yard waste



Connecting as a
family in
meaningful ways

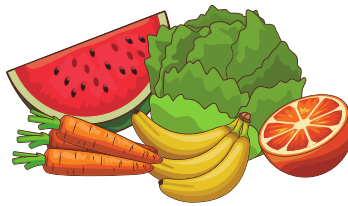
HEALTHY HABITS



RESEARCH AND BENEFITS *click on images for more info



In addition to having a direct effect on happiness, research shows that sleep impacts alertness and attention, cognitive performance, mood, resiliency, and learning and memory.



Locally grown food creates important economic opportunities, provides health benefits and helps to reduce environmental impact. Fresh fruits and vegetables are most nutritious, as they begin to lose their nutrients within 24 hours of being picked.



Current data shows that only 25% of children are getting the recommended aerobic physical activity. Connect with your child to choose activities that inspire them and feel like fun!



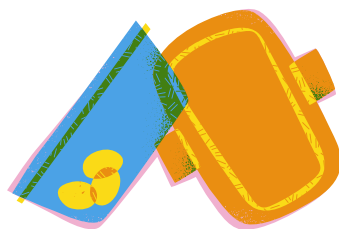
Walking barefoot on soil, grass or a natural surface offers health advantages, such as increasing antioxidants, reducing inflammation, improving sleep and reducing pain



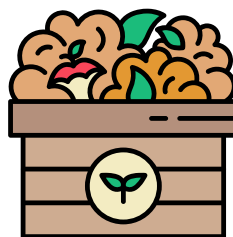
Sit spotting supports children's self-awareness, connection to nature, offers a counter to overstimulation, boosts happy hormones and can reduce anxiety and stress



Reducing time in your vehicle reduces air pollution, creates need for more green spaces, boosts biodiversity, reduces noise pollution and inspires behavior change for current and future generations



It's estimated that an average school-age child using a disposable lunch generates 67 pounds of waste per school year. Using reusable containers helps reduce the 18,760 pounds of lunch waste just one average-size elementary school can create.



Composting enriches soil, helping retain moisture and suppress plant diseases and pests. It reduces the need for chemical fertilizers, encourages the production of beneficial bacteria and fungi that break down organic matter to create humus, a rich nutrient-filled material. Finally, it reduces methane emissions from landfills and lowers your carbon footprint.



Current data shows that only 55% of children have family read to them at least 4 days per week. Reading out loud is a way for parents and children to share routines and regular positive interactions. Find an activity that you and your children love and helps you feel connected.