

GROW HAPPY KIDS

Power in Numbers

7
5
2
1
0



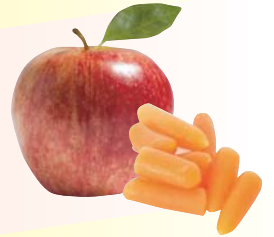
7

Breakfast Every Day of the Week



5

Servings of Fruits & Vegetables Daily



2

Hours or Less Screen Time Daily



1

Hour Physical Activity Daily



0

Sugary Drinks on Most Days



WASHINGTON STATE UNIVERSITY
THURSTON COUNTY EXTENSION



A message from the Thurston County Healthy Child Weight Coalition.
www.75210.info