



Oneida • Herkimer • Madison

# BOCES

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Nutrition Notes: January 2017

New Year, New Routine

Zoom **Live 54321+10**®

It takes just a few small steps each day for kids to stay healthy... Numbers to live by!

**5** servings fruits & vegetables  
Fruits and veggies are colorful, taste great, and do good things for your body. Eat a rainbow every day!

**4** glasses water  
Choose water, low-fat milk, or 100% juice when you're thirsty instead of sugary drinks.

**3** good laughs  
Share a funny story or joke with a friend. Laughing and giggling adds to your happiness.

**2** hours or less screen time  
Turn off the TV and step away from the computer. Read a book, play a game, or spend time outside. Don't be a couch potato!

**1** hour physical activity  
Jump, skip, run, dance, swim, skate... move your body 1 hour every day.

**+10** hours or more sleep  
Get plenty of sleep each night to be ready for school and play!

★ Teens need about 8 to 10 hours, Children aged six to 13 need 9-11 hours, and Preschoolers typically sleep 11-13 hours each night according to the National Sleep Foundation.