



LiveWell at Home with 5-2-1-0

Social distancing and stuck at home? LiveWell Frederick has the resources your family needs to eat healthy, stay active, and live well. Click on any of the orange buttons to access family-friendly activities you can do at home.

Find More Activities & Resources
livewellfrederick.com

5

Eat **five or more** fruits and vegetables every day.

Fruit and Veggie Tracker

Build Your Own Container Garden

10 Tips for Making Healthy Foods More Fun for Kids

Create a Grocery Game Plan

2

Limit daily screen time to **2 hours** or less.

Virtual Frederick County Public Libraries Programming

MyPlate Crossword Puzzle

Have Fun with Fruits and Vegetables

Fruits and Veggies Coloring Pages

Try these no-screen-time activities and coloring sheets!

1

Get **1 hour or more** of physical activity every day.

Encourage Kids to Get Active with Physical Activity Rewards

10 Tips for Becoming More Active as a Family

The Puzzle Game

Track Your Daily Physical Activity

0

Drink **0 sugary drinks**—choose water instead.

Make Your Own Sugar Bottle Display

Daily Water Tracker

Rethink Your Child's Drink with These 10 Fun Activities

Take the Rethink Your Drink Pledge