

# Healthy Eating ~ Active Living

5

or more  
Fruits  
and  
Vegetables



2

hours  
or less of  
recreational  
screen time

★ Waterbury



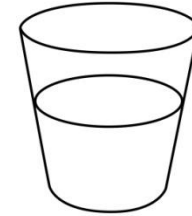
1

hour  
or more of  
physical  
activity



0

sugary  
drinks,  
more  
water



**EVERY DAY WATERBURY!**