

SNAP-Ed Tips for Good Health at Home



- **Maintain a daily routine.** Wake up and go to bed at regular times, eat scheduled meals, take time to exercise.
- **Start the day right.** Eat a healthy breakfast & start your day with stretching or other movement, it sets the tone for the day.
- **Plan & prepare healthy meals** including a variety of foods. For ideas check out choosemyplate.gov celebrateyourplate.org
- **Eat more fruits & vegetables** and limit serving sizes of breads, rice, pasta, high fat protein & dairy foods, sweets & snacks.
- **Limit screen time** to no more than 2 hours a day.
- **Avoid eating from boredom.** Find something productive to do--- take a walk, clean, play cards, do a puzzle, read, dance!
- **Re-think your drink!** Limit sodas, sweetened tea & coffee drinks, fruit drinks & juices to avoid drinking extra calories.
- **Take care of yourself.** Get outside, relax, connect with family & friends, pray or meditate daily.



OSU Extension SNAP-Ed, Program Assistants
Adams County: Morgan Campbell & Marsha McCormick
Brown County: Trish Koehler

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