

**Healthy Family Fun Fare  
Saturday, May 21, 2016  
10:00am - 1:00pm  
Bishop Guertin High School  
194 Lund Rd, Nashua, NH 03060**



Leadership Greater Nashua (LGN 2016 Class), in collaboration with Foundation for Healthy Communities and the United Way of Greater Nashua, are organizing a community event aimed at broadening awareness and support for the **5-2-1-0** program:

- 5 - eat fruits and vegetables 5 times per day**
- 2 - cut non-educational screen time to 2 hours or less per day**
- 1 – perform 1 hour or more of moderate to vigorous physical activity every day**
- 0 - restrict consumption of soda and sugar-sweetened sports and fruit juices**

**Via**

### **FOODPLAY**

**A Health & Nutrition Program for  
Elementary School Ages & Families**



**evidence-based with provent results:**

**75% reported "...eating more fruits and vegetables"**

**70% reported "... eating fewer sweets and drinking less soda"**

**62% "...US Department of Agriculture (USDA)- Sponsored evalutations.**

Should you have any questions, please feel free to contact: Rafael Calderon at (603) 892-1980 or [qsqueya@gmail.com](mailto:qsqueya@gmail.com) for more information.