

Kids hear what you say
And they do what you do.

To build healthy habits,

It all starts with you!

Help your kids grow up happy and healthy by teaching them the
5-4-3-2-1 Go!® Countdown and helping them follow it every day:



5 servings of
fruits and vegetables



4 servings of water



3 servings of
low-fat dairy



2 hours or less of
screen time



1 or more hours of
physical activity

Visit GoNebraskaKids.org
but don't stay long!



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