



# NUTRITION

1- SLEEP 🌙

2- MOVEMENT 🏃

3- NUTRITION 🍴

4- ROUTINE ☀️

5- LOVE 💖

Healthy food provides energy  
for learning and growing.

Children need food to fuel them  
throughout the day. Food gives them  
the energy they need to play, learn, and  
grow. Sharing meals as a family helps  
them grow, too.

*This message is brought to you by the  
Count 5! Public Awareness Campaign  
of Florence 1 Schools  
and The School Foundation.*

[www.count5.org](http://www.count5.org)

# COUNT 5!

Today. Tomorrow. **EVERY DAY.**

