



Best **For Kids, By Kids** Contest for 5210

Enter your best healthy snack recipe to win a class party & have your dish sold for a semester at the award-winning **SHOR Restaurant**.

SHOR
AMERICAN SEAFOOD GRILL
www.hawaii5210.com



LET'S GO!

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Best **For Kids, By Kids** Contest for 5210

Enter your best healthy snack recipe to win a class party & have your dish sold for a semester at the award-winning **SHOR Restaurant**.

Rules: Submit your recipe for a healthy nutritious snack. The winner will receive a class party and visit from Hyatt Regency Waikiki Beach Resort and Spa's Executive Chef Sven Ullrich. Extra points will be awarded for use of local ingredients, incorporating the DOE Wellness Guidelines, and/or submitting a recipe by Friday, November 15, 2013. Your winning recipe will also be included in the *For Kids, By Kids Waikiki Menu at SHOR* for one semester beginning in January 2014. A portion of the proceeds from the sale of the dish will go to the 5210 campaign to make Hawaii's campuses healthier. Submissions must be received no later than noon, Friday, November 22, 2013. Please send recipes to **Best5210Menu@hyatt.com**. Please include the name of the school, and grade category in the submission. One winner will be selected from each of the following categories: grades K-5; 6-8; 9-12. Winners will be announced Friday, November 29 and will be invited to visit Hyatt Regency Waikiki Beach Resort and Spa for photos and a tasting on Friday, December 13, 2013. A parent or guardian must be present for the tasting and will be asked to sign a model agreement. One entry per person.

Teachers: 5210 is an initiative to promote healthy eating and active living and prevent childhood obesity in Hawaii through a coordinated, collaborative, locally relevant health education campaign.

In 2011 Hyatt Corporation made an industry altering decision to commit to the Partnership of a Healthier America. Among the guarantees agreed to in this contract, hotels throughout North America have committed to serving sustainable sourced ingredients, offering smaller portion sizes, and introduced the *Hyatt For Kids, By Kids Menu*. Developed with the help of 12 year old chef, Haile Thomas, the menus were tested by her peers and are void of additives and fried foods. It is Hyatt's commitment to continue to provide nutritious options for families on the local level. We are honored to be a part of a new era that encourages an open discussion with youth and parents alike.

Simple Steps for a Healthy Ohana



LET'S GO!

EAT HEALTHY

5 FRUITS, ROOTS & VEGETABLES

Fruits, roots and vegetables, including root vegetables such as taro (poi) and sweet potato, are packed with nutrients. To get the amount recommended, most of us need to increase the amount of fruits, roots and veggies we currently eat.

WATCH LESS

2 HOURS OF SCREEN TIME

Two hours or less of computer, video and TV screen time every day. Increased screen time has been linked to lower reading scores, behavioral problems and unhealthy weight.

PLAY MORE

1 HOUR OF PHYSICAL PLAY

Activity that makes your heart pump faster and your body breathe harder make you strong, helps you feel good and think clearly. Kids in active families are more likely to be active adults.

CUT DOWN

0 SUGARY DRINKS

Sugary drinks such as soda, sweetened tea, sports drinks, fruit punch and other fruit-flavored drinks have little health benefit. Sweetened beverages add empty calories, about 150 calories and 9 teaspoons of sugar per 12 oz. can of soda.

• HEALTHY TIPS •

- A Be a role model - Include at least one fruit, root or vegetable at every meal and snack.
- B When possible, avoid frying - try steaming, baking, stir-frying.
- C Try-A-Bite rule - Offer new fruits, roots and veggies and encourage everyone in the family to try a few bites each time. It can take 7 to 10 tries to like a new food.

• HEALTHY TIPS •

- A Encourage your whole family to decrease screen time to 2 hours or less each day.
- B Keep the TV and computers in a central location and out of your child's bedroom.
- C Enjoy your family - turn off the TV when eating and talk about the day.

• HEALTHY TIPS •

- A Take gradual steps to increase your physical activity level.
- B Do short amounts of activity several times a day until they add up to 60 or more minutes each day.
- C Physical activity should be fun - swimming, surfing, paddling, walking, running, dancing, gardening and yes, even vacuuming!

• HEALTHY TIPS •

- A Encourage your family to love water. Serve it. Choose it. If it's there, people will drink it. And remember water has zero calories.
- B Be wary of commercials. Juice products labeled "-ade," "drink" or "punch" often contain mostly corn syrup sweetener and less than 5% real juice.
- C Avoid bringing sodas and sports drinks home. If it's there, the kids will drink it.

For more information please contact us at www.hawaii5210.com

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