

NEWS RELEASE

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Unplug for Screen-Free Week

Everywhere you look, people of all ages have their heads down looking at their mobile devices. For children and adolescents, screen media time has steadily increased to an average of 7 hours a day! Excessive screen time is linked to a host of problems, including poor school performance, behavioral issues, and an increased risk of obesity. During Screen-Free Week, April 30 – May 6, we are all encouraged to ditch our digital entertainment and enjoy life beyond the screen. Here are some tips to get started:

- **Explain why:** Talk to your children about the benefits of moving more and sitting less, such as increased energy and time for fun activities. Encourage them to learn or improve a skill, such as riding a bike or practicing a sport. This goes for parents, too!
- **Set screen limits and be a good example:** Create and enforce a rule that limits everyone's screen time to no more than 2 hours per day. Children are more likely to follow the rule and get active if you are too.
- **Enjoy screen-free meals:** Meal time is a great opportunity to talk as a family. Eating together also increases the likelihood of having nutritious meals.
- **Explore the outdoors:** Use screen-free time to enjoy the outdoors. Whether it's a walk around the neighborhood, to the park, or discovering a new nature trail, just being outside can boost energy and decrease stress levels.

Watching TV or digital entertainment becomes a habit for both parents and children. Plan to unplug this week (and every week!) and replace that time with something fun, creative, and/or active. Make a pact with your family today! For more tips to reduce screen time, visit www.screenfree.org.

For more nutrition or program information, please call (530) 889-7350 or visit our website at <http://ucanr.edu/sites/letseathealthy>. "Like" us on Facebook for additional tips and updates at UC CalFresh Nutrition Education Program, Placer/Nevada Counties.



This material was produced by the University of California CalFresh Nutrition Education Program with funding from USDA SNAP, known in California as CalFresh (formerly food stamps). These institutions are equal opportunity providers and employers. CalFresh provides assistance to low-income households and can help buy nutritious foods for better health. For CalFresh information, call 1-877-847-3663.

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