Nemours is one of the nation’s leading pediatric health systems, dedicated to advancing higher standards in children’s health. We’ve made a promise to do whatever it takes to prevent and treat even the most disabling childhood conditions—a promise of specialty medical care, advanced hospitalization, applied research, and advocacy integrated with health information, prevention and a continuous process of teaching and learning.

Affiliated with respected community and academic partners, Nemours cares directly for 250,000 children annually, treating every child as if they were our own. A uniquely enhanced electronic medical record system prompts caregivers to consider past experience in linking Nemours care-giving specialists with the patient family and referring physicians across time, geography, and condition to achieve optimal results for each child.

Nemours is committed to taking a leading role in obesity prevention. We want to help families understand the causes and health implications of obesity and the best ways to promote healthier habits. Through Nemours clinical efforts and Nemours Health & Prevention Services (NHPS), we are able to work directly with our patient families and out in the community to help children grow up healthy.

Our goal at Nemours is to effect long-term changes in the policies and practices that promote child health and to leverage community strengths and resources to have the greatest impact on the most children. NHPS has been planting the seeds for better health by working with community partners to reach children in a variety of settings. One of our initial areas of emphasis has been childhood obesity prevention through the promotion of healthy lifestyles, the centerpiece of which has been the 5-2-1-Almost None campaign.

KidsHealth.org is the most-visited site on the Web for information about health, behavior, and development from before birth through the teen years. On a typical weekday, KidsHealth.org gets more than 700,000 visits. For information you can trust about kids and teens that is free of “doctor speak,” KidsHealth.org is the right place. One of the things that makes this site so special is that it is really four sites in one: with sections for parents, for kids, for teens and for educators.

For more information on these cards please contact Nemours at (407) 650-7767 or email FLPrevention@nemours.org
Nemours “Sometimes/Anytime” Game Cards are designed to help preschool-aged children learn to differentiate foods and activities that can be eaten or done “Sometimes” or “Anytime.”

Featuring large images of foods, activities and situations, these cards are an ideal tool for teaching children how to select healthier food and activity choices on their own.

**“Sometimes” Foods:** These foods are the least healthy. That’s why they’re once-in-a-while foods. *Examples: French fries, cookies, ice cream, sugar-sweetened beverages (i.e. soda and fruit drinks).*

**“Anytime” Foods:** These are foods that are good to eat anytime. They are the healthiest foods with nutrients to help us grow up healthy. *Examples: fruits and vegetables, nonfat and lowfat milk.*

The Nemours “Sometimes/Anytime” Game Cards offer a number of ways to use the cards as a fun activity and opportunity to start the dialogue of living healthy. Incorporate the game cards as part of nutrition and physical activity education, as well as to help preschool children learn the Spanish language.

“Sometimes” foods and activities helps children to see how they can navigate realistically through the day-to-day choices by using moderation. Showing the small differences between sugary cereal compared to the healthier alternative of cereal with fruit can help even the youngest child learn healthier habits.

Early childhood educators can also use these bilingual game cards to complement lessons from the Healthy Habits for Life Child Care Resource Kit.

**SUGGESTIONS FOR USE:**

1. Read *The Get Healthy Now Show* storybook during circle time and discuss with children “Sometimes” and “Anytime” foods and physical activities.

2. Use the game cards to reinforce what are sometimes and anytime foods or physical activities.

   **a. Game Possibilities:**
   - “Stand up, Sit down Game”: Use game cards to indicate sometimes/anytime foods and activities by having children stand up for anytime foods or anytime activities and sit down for a sometimes foods or sometimes activities.
   - “Green light, Red light Game”: Have children would move (or jump) forward for anytime foods or anytime activities and to stand still (or step back) for sometimes foods or sometimes activities. (This game would reinforce following directions and counting.)
   - “Sorting Game”: Children separate an assortment of game cards into two piles: one for anytime and one for sometimes foods and activities.

   **b. Number of Cards per age group:**
   - Three-Year-Olds and younger: Use an assortment of 12 sometimes/anytime food and physical activity cards for each game and rotate cards used.
   - Four-Year-Olds and older: Use an assortment of 20 sometimes/anytime food and physical activity cards for each game and rotate cards used.

3. Reinforce with foods at snack and meal times by naming sometimes/anytime foods.

“The best way to help children learn how to make healthy choices in later life is to practice them early.”

Lloyd N. Werk, MD, MPH, FAAP

Nemours