

# Why 5 Works



## **Nourish**

5-ingredient meals to simplify choices and reduce prep time.



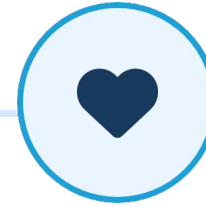
## **Move**

5-minute mobility or stretch bursts to energize the body.



## **Restore**

5-step evening routine to wind down and improve sleep quality.



## **Connect**

5 daily touchpoints as a family: prep, cook, eat, clean, appreciate.



## **Prepare**

5 components batched on Sunday for effortless 5-day dinners.

**Simplicity is Sustainability**

**5**

## **The Reasoning for 5**

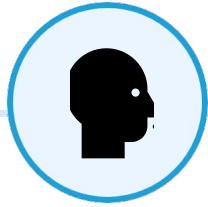
The number 5 is memorable, gamifies daily tasks, and significantly reduces decision fatigue.

# Let's hear from the WoA



## Self-Care Day

Take a quiet day with no plans, no obligations, no sports, & no parties. Enjoying the moment.  
(JoHanna)



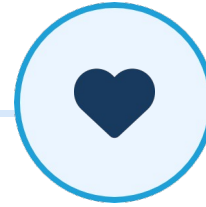
## Skin Care

No guilt for taking me time. We deserve it. I.e., red-light mask. The family will honor your time.  
(Shee-Yee)



## Hydrate

Start the day with a full glass of water. End the day with herbal tea near bedtime to unwind.  
(Monique)



## Communication

1 person speaks for 5 minutes, then the other, then 5 minutes to find a resolution.  
(Rachel)



## Have an idea to share?

Leading the Change: Women Shaping a Sustainable Future

[2026 Theme for the National Women's History Alliance]

Sustainability

# The Reset

WORK → HOME PROTOCOL

 Breathe

 Hydrate

 Tidy-5

 Plan

 Start

This micro-routine signals your brain that the workday is over, and family time has begun.

## Work → Home



Reclaim your evening energy in just 5 minutes.

- 1 Breathe:** Reset your nervous system.  
Take 5 slow, deep breaths. Inhale for 5 counts, hold for 5, exhale for 5.
- 2 Hydrate:** Re-energize your body before the "second shift."  
Drink a glass of water with a pinch of salt or lemon.
- 3 Tidy-5:** Small actions create visual calm instantly.  
Put away exactly 5 items to clear the counter or entryway.
- 4 Plan:** Dinner  
Pick tonight's 5-ingredient dinner components.
- 5 Start:** Shift the atmosphere from "work" to "home."  
Set a 5-minute timer and turn on a feel-good playlist.

# Evening Basics

Pacing the evening

- **Reset**
- **Dinner**
- **Connection**
- **Wind down**
- **Get ready**

Keep in mind the basics that need to be accomplished, keeping family connection and self-care front and center.

# Your Evening Routine



Restore energy & connect with family

- 1. Reset Space** 2 min  
Clear the sink, wipe down the stove, or light a candle to signal a shift in atmosphere.
- 2. Dinner Basics** 10-20 min  
Start a grain or pre-heat the oven for a sheet pan; rinse and chop 1-2 vegetables.
- 3. Family Connection** 10-20 min  
Use a "question bowl" at the table, set the table together, or share 5 gratitude points.
- 4. Self-Care Micro-Ritual** 5 min  
Complete skincare routine, do a quick stretch, breathe deeply, or journal 5 lines.
- 5. Set Up Tomorrow** 5 min  
Pack leftovers for lunch, set up coffee/tea station, lay out clothes, and list top 5 to-dos.

## 5-Day Challenge

**Mon: 5 Colors**

**Tue: 5-Ingredient**

**Wed: Dance Clean**

**Thu: 5 Spices**

**Fri: Gratitude**

Gamifying the kitchen reduces resistance and builds connection.

# Kitchen Involvement



## TODDLERS

- Wash produce
- Tear lettuce
- Carry napkins
- Name 5 colors
- Press timer

## KIDS

- Measure
- Rinse grains
- Crack eggs
- Set the table
- Stir & sprinkle

## TWEENS

- Read recipe steps
- Toss veg on pan
- Pack leftovers
- Safe knife skills
- 5-minute tidy

## TEENS

- Lead 5-ingredient dinner
- Manage oven/heat
- Shop on budget
- Curate playlist
- Dish rotation

## ADULTS

- Plan menu
- Coach safety
- Delegate tasks
- Take micro-rests
- Model cleanup

### REMINDE R

Expect a mess at first! The goal isn't perfection — it's competence, connection, and sharing the load.