Our child care program is participating in a healthy lifestyle program called Let’s Go! Let’s Go! promotes the following message:

- **5 or more FRUITS & VEGETABLES**
- **2 hours or less of RECREATIONAL SCREEN TIME**
- **1 hour or more of PHYSICAL ACTIVITY**
- **0 sugary drinks, MORE WATER**

Through Let’s Go!, we are working hard to create environments, policies, and practices at our child care program that promote and support healthy lifestyles.

I am writing to request your support in our efforts. While Let’s Go! can be implemented at no cost, additional funding allows for enhanced implementation of the program. With additional funding, we could contribute to sustainable change by _______________________. The total cost is estimated at: $_____. A donation of any amount is greatly appreciated.

Engaging community leaders is one of our goals as a part of the Let’s Go! program. Support from local businesses will enhance our community as a whole. Thank you for considering our request and please contact me at _____________ with any questions.

Sincerely,

Examples to fill in the blank with:

- purchasing physical activity equipment that would be used as a reward for good behavior.
- being able to provide fresh fruits and vegetables as a snack once a month.
- supporting a staff wellness development program to all our staff.
- improving the food environment by purchasing salad bars, new equipment, etc.
- purchasing pedometers for a walking program.