The Let’s Go! Program
We want you on board!
Goals

• Explain why our program participates with Let’s Go!

• Gain support for our program’s Let’s Go! efforts

• Explore organization-wide involvement with Let’s Go!
Agenda

• What is Let’s Go!?
• What is 5-2-1-0 Goes Out-of-School?
• Why do we participate?
• What have we accomplished?
• Why should the organization participate?
• How can the organization participate?
What is Let’s Go!?
What is Let’s Go!?

- 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
1. Limit unhealthy choices for snacks and celebrations; provide healthy choices.

2. Limit or eliminate sugary drinks; provide water.

3. Prohibit the use of food as a reward.

4. Provide opportunities to get physical activity every day.

5. Limit recreational screen time.
10 Strategies for Success

6. Participate in local, state, and national initiatives that support healthy eating and active living.

7. Engage community partners to help support healthy eating and active living.

8. Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.

9. Implement a staff wellness program that includes healthy eating and active living.

10. Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.
**5 STEP PATH TO SUCCESS**

1. **Engage**
   - New Sites: Sign up with your local partner.
   - Returning Sites: You will hear from your local partner.
   - Program year begins July 1st. If applicable, (re-)assemble your team.

2. **Assess Environment and Create a Plan**
   - Assess your environment and practices and plan for the year by completing the Let’s Go! Guide to Success or by having a conversation with your local partner.

3. **Implement Plan**
   - Implement the strategies you have chosen. Engage in one or more types of assistance as needed.

4. **Complete Survey**
   - Complete the Let’s Go! Survey each spring based on the policies and practices your site has in place.

5. **Celebrate**
   - Share your successes with other staff, children, parents, and the community.

**MaineHealth**

**LET'S GO!**

**S 2 1 0**
What is
5-2-1-0 Goes Out-of-School?
How Let’s Go! benefits our children and families

Healthy eating can improve:
• Behavior
• Focus
• Attention span
• Academic achievement
• School attendance

Regular physical activity can:
• Increase self-esteem and overall health
• Reduce feelings of anxiety, stress, and depression

The 5-2-1-0 message and behaviors help kids develop lifelong healthy habits and reduce the risk of developing long-lasting health conditions.
Why do we participate?

• Support
• Recognition
• Parents like it
• It’s easy!
• It’s fun
What our program has accomplished through Let’s Go!
Why should our organization get involved?

• Reach more kids
• Create policy change
• Send consistent messages
• Receive support for other initiatives
• Promote employee health
• Enhance public image
How the organization can participate with Let’s Go!

• Connect to the community by promoting the 5-2-1-0 message.

• Encourage all programs within the organization to register as Let’s Go! sites.

• Create organization-wide policies that support the 5-2-1-0 message and Let’s Go!’s 5 Priority Strategies.

• Become a Let’s Go! Healthy Workplace.
Next Steps

• Get in touch with our local Let’s Go! coordinator!

• Name
• Organization
• Email
• Phone
Thank you!