**Table of Contents**

**STEP 1: Engage**
- 5-2-1-0 Goes to School Program Overview
- Let’s Go!’s 5 Step Path to Success
- Let’s Go!’s 10 Strategies for Success
- Let’s Go! Definitions
- Let’s Go! in Maine
- The Let’s Go! Champion and Team
- Scientific Rationale for the 5-2-1-0 Message
- Letter to Families Announcing a New Partnership
- F.A.Q.

**STEP 2: Assess Environment and Create a Plan**
- Introduction to the Let’s Go! Guide to Success
- Let’s Go! Guide to Success Packet for Schools

**STEP 3: Implement Plan**
- Welcome to ‘Step 3: Implement Plan’!

**STRATEGY 1:**
Limit unhealthy choices for snacks and celebrations; provide healthy choices.
- Why Does This Matter?
- How to Implement Strategy 1: Limit Unhealthy Choices for Snacks and Celebrations; Provide Healthy Choices
- Healthy Snack Ideas – Letter to Families
- Ideas for Healthy Snacks
- Quick Snacks to Fuel Your Brain
- Ideas for Healthy Foods for Celebrations
- Ideas for Non-Food Celebrations
- Healthy Foods for Celebrations – Letter to Families
- Healthy Party Sign-Up Sheet
- Tried and True Advice for Starting a Garden
- Hold a 5-2-1-0 Poster Contest
- Conduct Taste Tests
- 5-a-Day Bracelets
- Cash Without Calories! Healthy Fundraising Ideas
- Sports and Snacks
- Eat at Least Five Fruits and Vegetables a Day
- Understanding Food Labels
- Breakfast Is Best
- What’s a Healthy Portion?
- Pick a Better Fast Food Option

*it’s ALL about healthy!*
STRATEGY 2:
Limit or eliminate sugary drinks; provide water.
- Why Does This Matter?
- How to Implement Strategy 2: Limit or Eliminate Sugary Drinks; Provide Water
- Limit Sugary Drinks Sent in from Home – Letter to Families
- Make Your Own Sugar Bottle Display
- Have a Drink Plan Goal Setting Worksheet
- Make Fun, Flavored Water
- Role Model Drinking Healthy Beverages
- 0 Sugary Drinks... Provide Water
- Water is Fuel for Your Body
- Sports and Energy Drinks
- How Much Sugar Do You Drink?

STRATEGY 3:
Prohibit the use of food as a reward.
- Why Does This Matter?
- How to Implement Strategy 3: Prohibit the Use of Food as a Reward
- Use Non-Food Rewards
- Use Physical Activity as a Reward
- Food Rewards Add Up
- What the Experts Say about Food Rewards

STRATEGY 4:
Provide opportunities to get physical activity every day.
- Why Does This Matter?
- How to Implement Strategy 4: Provide Opportunities to Get Physical Activity Every Day
- Movement in the Classroom for Academic Success
- Movement for Test Success
- Quick Brain Boosts
- Use Physical Activity as a Reward
- Create a Dedicated Activity Center
- Start a Physical Activity Club
- Active Recess!

STRATEGY 5:
Limit recreational screen time.
- Why Does This Matter?
- How to Implement Strategy 5: Limit Recreational Screen Time
- Pause to Play!
- Healthy Activities for School Vacation
- Do a Screen Time Challenge
- National Screen-Free Week
- PSA Posters for the Hallways
- Media Literacy
- Limit Recreational Screen Time to Two Hours or Less
- Step Away From the Screen!
- Ditch Your Phone for an Hour a Day to Get Active!
- Healthy Sleeping Habits

STRATEGY 6:
Participate in local, state and national initiatives that support healthy eating and active living.
- Why Does This Matter?
- How to Implement Strategy 6: Participate in Local, State and National Initiatives that Support Healthy Eating and Active Living
- Healthy Dates to Celebrate
STRATEGY 7:
Engage community partners to help support healthy eating and active living.
• Why Does This Matter?
• How to Implement Strategy 7:
  Engage Community Partners to Help Support Healthy Eating and Active Living
  Students in Partnership with Community Organizations Create Media Projects
  Sample Language for Requesting Support from Local Businesses
  Activities that Involve the Community

STRATEGY 8:
Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.
• Why Does This Matter?
• How to Implement Strategy 8:
  Partner with and Educate Families in Adopting and Maintaining a Lifestyle that Supports Healthy Eating and Active Living

STRATEGY 9:
Implement a staff wellness program that includes healthy eating and active living.
• Why Does This Matter?
• How to Implement Strategy 9:
  Implement a Staff Wellness Program that Includes Healthy Eating and Active Living
  Healthy Food and Beverage Guidelines for Meetings and Celebrations
  Active Meeting Guidelines
  Provide and Promote Safe Walking Routes
  Be a Healthy Role Model
  Role Model by Celebrating Staff Successes Without Food

STRATEGY 10:
Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.
• Why Does This Matter?
• How to Implement Strategy 10:
  Collaborate with Food and Nutrition Programs to Offer Healthy Food and Beverage Options
  The Role of School Nutrition Programs in Let's Go!
  Cafeteria-Sponsored Snack Program
  Conduct Taste Tests
  Let's Go! Smarter Lunchroom Practices
  Smarter Lunchroom Scorecard
  Support Healthy School Meals
  Cafeteria as a Learning Lab
  10 Things You Always Wanted to Know
  Nutrition Standards for School Lunch
  Nutrition Standards for Snacks Sold in School

STEP 4: Complete Survey
• The Let's Go! Survey
• Let's Go! Evaluation Framework

STEP 5: Celebrate
• Celebrate ALL of Your Successes!

Additional Resources
• Visit the Let’s Go! Online Store
• 5-2-1-0 Trivia, Facts, and Questions of the Day