

5-2-1-0 Goes to School Program Overview

5-2-1-0 Goes to School is a program aimed at increasing healthy eating and physical activity in the school environment. The program endorses the “5-2-1-0” message, which emphasizes the importance of:

- 5** or more servings of fruits & vegetables
- 2** hours or less recreational screen time
- 1** hour or more of physical activity
- 0** sugary drinks, more water & low fat milk

Through use of the 5-2-1-0 Goes to School framework, schools, teachers, nutrition programs, and parents can create a healthier school environment. Listed below are 10 key strategies that can be used individually or collectively in schools to address the policies, practices, and environments that influence healthy lifestyle behaviors.

10 Strategies for Success:

- Encourage healthy choices for snacks and celebrations. (5, 0)
- Participate in local, state, or national initiatives that promote physical activity and healthy eating. (5, 2, 1, 0)
- Include community organizations in wellness promotion. (5, 2, 1, 0)
- Involve and educate families in initiatives that promote physical activity and healthy eating. (5, 2, 1, 0)
- Encourage water and low fat milk instead of sugar-sweetened drinks. (0)
- Discourage the use of food as a reward; use physical activity as a reward. (5, 1)
- Incorporate physical activity into the school day. (1)
- Develop a 5-2-1-0 friendly staff wellness program. (5, 2, 1, 0)
- Collaborate with School Nutrition Program. (5, 0)
- Implement or strengthen a wellness policy that supports the 5-2-1-0 strategies. (5, 2, 1, 0)

For more information, email
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**Remember:
Role Model
5-2-1-0 Every Day!**

5210 Goes To School

LET'SGO!

Eat right. Be active. Get healthy.
www.letsgo.org