

5-2-1-0 GOES TO SCHOOL

Our goal is to help you go from where you are to wherever you want to be!

Let's Go! is a statewide initiative that helps schools, child care programs, out-of-school programs, workplaces, and healthcare practices maintain and improve upon their healthy food choices and physical activity opportunities. 5-2-1-0 Goes to School is designed to be easy and efficient to weave into your busy day. We help you look at your current successes and then build upon them. We guide you in connecting all of your efforts back to your community, creating greater impact on the families you serve.

Let's Go! promotes the 5-2-1-0 message:

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

*Keep TV/Computer out of the bedroom. No screen time under the age of 2.



5-2-1-0 Goes to School follows **five easy steps** for using evidence-based strategies to improve the policies, practices, and environments that influence healthy eating and active living in schools.



Let's Go! helps participating schools to:

- Reflect on their nutrition and physical activity environment and make changes to support healthy behaviors in students.
- Increase healthy eating in students by providing appropriate foods and beverages, and role modeling healthy eating behaviors.
- Increase opportunities for physical activity.
- Reach out to parents to promote healthy behaviors at home.
- Promote the 5-2-1-0 message.
- Work towards stronger District Wellness Policies.

What will you receive?

- Personalized help to meet your school's unique nutrition and physical activity goals.
- A free toolkit loaded with resources for both your staff and your families.
- Opportunities for free training for you and staff members.
- Regular e-newsletters from the *Let's Go!* Home Office.
- Free membership in a network of hundreds of schools across Maine, just like yours, working to improve the health of our children.

What is expected of your school?

- The commitment to set nutrition and physical activity goals and then work towards achieving them.
- The completion of the *Let's Go!* Survey each spring.

it's time
to get
started!

FOR MORE INFORMATION,
contact the *Let's Go!*
Home Office at
207.662.3734,
or email us at
info@letsgo.org