

STRATEGY 8: Partner with and Educate Families in Adopting and Maintaining a Lifestyle that Supports Healthy Eating and Active Living

how to implement

Partnerships with families promote consistent messaging about healthy lifestyles and can influence the home environment. Here are some ways to bring families into the fold!

Bolded items mean there is a supporting handout!



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Partner with Families:

- Ask parents or a PTO member to be a part of your *Let's Go!* team.
- Send home the **Letter to Families Announcing a New Partnership** (found in the 'Step 1: Engage' tab of the toolkit).
- Once you are implementing all 5 priority strategies, send home the *Let's Go!* "Message to Families". (Refer to the **Let's Go! Recognition Packet** in the 'Step 5: Celebrate' Tab for a copy of the "Message to Families." There is also a modifiable version available online at www.letsgo.org/toolkits.)
- Invite families to participate in healthy eating and active living activities at your school.
- Utilize the skills of parents (e.g. nutritionist, carpenter, artist, etc.) to support your 5-2-1-0 efforts.
- Use bulletin boards and wall space to promote 5-2-1-0 messages.
- Create a 5-2-1-0 *Let's Go!* section of your program newsletter.
- Host family wellness events such as:
 - Educational sessions
 - Family cooking classes
 - Family fitness nights
 - Wellness fairs
- Send home parent handouts such as **5-2-1-0 Every Day!**

Each of the 5 priority strategy tabs has more parent handouts to share! Choose the ones you want to send home, and then go to that section to find them:

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

- **Healthy Snack Ideas – Letter to Families**
- **Ideas for Healthy Snacks**
- **Snacks to Fuel Your Brain**
- **Healthy Food for Celebrations – Letter to Families**
- **Non-Food Celebrations – Letter to Families**
- **Eat at Least Five Fruits and Vegetables a Day**
- **Healthy Shopping on a Budget**
- **Understanding Food Labels**
- **Maine Seasonal Food Guide**
- **Breakfast is Best**
- **A Meal is a Family Affair**
- **Fruits and Vegetables, All Year Long!**
- **What's a Healthy Portion?**
- **Tips for a Healthier Diet**
- **Handling a 'Choosy' Eater**
- **Phrases that HELP and HINDER**
- **Pick a Better Fast Food Option**

continued

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STRATEGY 2: Limit or eliminate sugary drinks; provide water.

- **Limit Sugary Drinks Sent in from Home – Letter to Families**
- **Limit or Eliminate 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.

- **Food Rewards Add Up**
- **What the Experts Say about Food Rewards**
- **Non-Food Rewards at Home**

STRATEGY 4: Provide opportunities to get physical activity every day.

- **Get One Hour or More of Physical Activity Every Day**
- **Take It Outside**
- **Top Five Anywhere Exercises**

STRATEGY 5: Limit recreational screen time.

- **Healthy Activities for School Vacation**
- **Limit Recreational Screen Time to Two Hours or Less**
- **Step Away From the Screen**
- **Ditch the Phone for an Hour a Day to Get Active and Play!**
- **Promote Healthy Viewing Habits**
- **Unplugged!**
- **Healthy Sleeping Habits**

make healthy the
buzz word!

