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it's **ALL**
about healthy!



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- Why Does This Matter?
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- Harvard School of Public Health Healthy Eating Plate

Breastfeeding Support

- How to Support Breastfeeding Families
- Are You Interested in Becoming a More Breastfeeding-Friendly Child Care?
- The Basics of Breastfeeding Support
- 'Breastfeeding Welcome Here' Sign
- Caregiver's Guide to the Breastfeeding Baby
- Safely Storing Breast Milk
- Sample Breastfeeding Policy for Child Care Programs

STEP 4: Complete Survey

- The *Let's Go!* Survey
- *Let's Go!* Evaluation Framework

STEP 5: Celebrate

- Celebrate ALL of Your Successes!
- *Let's Go!* Recognition Packet for Child Care Programs

Additional Resources

- Visit the *Let's Go!* Online Store
- 5-2-1-0 Trivia, Facts, and Questions of the Day
- Original 5-2-1-0 Song Lyrics
- If You're Happy and You Know It, 5-2-1-0 Version
- Suggested Booklist for Child Care Programs
- 5-2-1-0 Coloring Pages
- 5-2-1-0 Activity Placemat