

5-2-1-0 GOES TO **CHILD CARE**

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 child care programs, out-of-school programs, schools, workplaces, and healthcare practices maintain and improve upon their healthy food choices and physical activity opportunities. 5-2-1-0 Goes to Child Care 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:



The graphic displays the 5-2-1-0 message with each number in a colored box and corresponding text to its right:

- 5** or more **FRUITS & VEGETABLES**
- 2** hours or less of **RECREATIONAL SCREEN TIME**
- 1** hour or more of **PHYSICAL ACTIVITY**
- 0** sugary drinks, **MORE WATER**

5-2-1-0 Goes to Child Care follows **five easy steps** for working with Let's Go! to improve the policies, practices, and environments that influence healthy eating and active living at child care programs.



The graphic shows five numbered steps in colored rounded squares:

- 1** Engage
- 2** Assess Environment and Create a Plan
- 3** Implement Plan
- 4** Complete Survey
- 5** Celebrate

Let's Go! helps participating child care programs to:

- Reflect on their nutrition and physical activity environment and make changes to support healthy behaviors in young children.
- Increase healthy eating in young children by serving appropriate foods and beverages, and role modeling healthy eating behaviors.
- Increase opportunities for physical activity by providing plenty of time for gross motor movement, limiting sedentary time, and role modeling active lifestyles.
- Reach out to parents to promote healthy behaviors at home.
- Promote the 5-2-1-0 message.

What will you receive?

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

What is expected of your program?

- 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,
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