

The Let's Go!

CHAMPION

MaineHealth

LET'S GO!

5-2-1-0

Let's Go! reaches out to site Champions regularly throughout the year to see how we can best support your efforts. Back and forth communication is expected and will help form a supportive, ongoing relationship.

What is a Let's Go! Champion?

Every one of the Let's Go! registered sites identifies a Champion to lead their site through the 5 Step Path to Success. The Champion should be someone who is at the site daily and who knows and can help influence the healthy eating and physical activity practices at the site. The importance of this role cannot be overstated—Let's Go! Champions are leading the way to a healthier generation of kids!

Role of the Let's Go! Champion in the Child Care Setting

While there can only be one "official" Let's Go! Champion at each site, larger centers and Head Start programs are encouraged to gather a team to help support the champion's efforts.

As a 5-2-1-0 Goes to Child Care Champion, you are leading the positive changes in your child care environment. Your role as the Champion includes:

- Signing your site up with the local Let's Go! Coordinator, listing yourself as the Let's Go! site champion, and giving your contact information.
- Reviewing the Let's Go! Guide to Success each year with your team (if applicable) and determining what your site wants to achieve that year.
- Ensuring that parents and all staff are aware of and, if possible, included in the work.
- Being responsible for sharing the 5-2-1-0 message and Let's Go! resources with parents and staff.
- Reaching out to your Let's Go! Coordinator with any questions, challenges, or successes you come across in your efforts to increase healthy eating and physical activity.
- Completing the Let's Go! Survey each spring, with the assistance of your team (if applicable).

Thank you for taking on this important role. We are excited to work with you and your program to help make the healthy choice the easy choice for the children in your care.

we are here to
support you
along the way!

