

Letter to Families Announcing

A NEW **PARTNERSHIP**

Date:

Dear Families:

We are pleased to announce that we have teamed up with Let's Go!, a nationally recognized program based out of The Barbara Bush Children's Hospital at Maine Medical Center. Let's Go! is helping create healthier environments in schools, child care and out-of-school programs, health care practices, workplaces, and communities—the places where children and their families live, learn, work, and play. Let's Go! is centered around the common message of 5-2-1-0.

- 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**

As a part of Let's Go!, we will be working hard to improve our nutrition and physical activity environment and adding the 5-2-1-0 behaviors into our daily activities. As part of our work, you may hear your child talking about 5-2-1-0. Don't hesitate to get involved or ask what we are working on.

For more information about 5-2-1-0 Let's Go!, visit www.letsgo.org, or contact the Let's Go! staff at 662-4422 or info@letsgo.org.

Sincerely,

get involved
help out
ask questions