

CONTENTS

STEP 1: Engage

- 5-2-1-0 Goes to Child Care Program Overview
- Let's Go!'s 5 Step Path to Success
- Let's Go!'s 10 Strategies for Success
- Let's Go!'s Definitions
- Let's Go! in Maine
- The Let's Go! Champion
- Scientific Rationale for the 5-2-1-0 Message
- Letter to Families Announcing a New Partnership
- F.A.Q.

STEP 2: Assess Environment and Create a Plan

- Introduction to the Let's Go! Guide to Success
- Let's Go! Guide to Success for Child Care Programs

STEP 3: Implement Plan

- Welcome to 'Step 3: Implement Plan'!

STRATEGY 1:

Limit unhealthy choices for snacks and celebrations; provide healthy choices.

- Why Does This Matter?
- How to Implement Strategy 1: Limit Unhealthy Choices for Snacks and Celebrations; Provide Healthy Choices
- Ideas for Healthy Snacks
- Quick Snacks for Healthy Kids
- Healthy Snack Ideas – Letter to Families
- Ideas for Healthy Foods for Celebrations
- Healthy Foods for Celebrations – Letter to Families
- Healthy Party Sign-Up Sheet
- Presenting Fruits and Vegetables in Fun, Creative Ways
- Ideas for Non-Food Celebrations
- Non-Food Celebrations – Letter to Families
- Tried and True Advice for Starting a Garden
- Mystery Vegetable or Fruit Activity
- Kids in the Kitchen
- Family-Style Meals
- 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
- How to Practice the Division of Responsibility When Feeding Children

it's **ALL**
about healthy!



STRATEGY 2:

Limit or eliminate sugary drinks; provide water.

- Why Does This Matter?
- How to Implement Strategy 2: Limit or Eliminate Sugary Drinks; Provide Water
- Setting Up a Self-Serve Water Station
- Making Water More Appealing
- Limit Sugary Drinks Sent in from Home – Letter to Families
- Limit or Eliminate Sugary Drinks; Provide Water
- What Should Young Children Drink?
- Water Is Fuel for Your Body
- Is Juice a Healthy Choice or an Occasional Treat?
- Make Your Own Sugar Bottle Display

STRATEGY 3:

Prohibit the use of food as a reward.

- Why Does This Matter?
- How to Implement Strategy 3: Prohibit the Use of Food as a Reward
- Use Non-Food Rewards
- 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.

- Why Does This Matter?
- How to Implement Strategy 4: Provide Opportunities to Get Physical Activity Every Day
- Movement in Learning Resources
- Use Quick Physical Activity Breaks
- Use Physical Activity as a Reward
- Create a Dedicated Activity Space
- Get One Hour or More of Physical Activity Every Day
- Make Physical Play Part of Every Day!
- Take It Outside

STRATEGY 5:

Limit recreational screen time.

- Why Does This Matter?
- How to Implement Strategy 5: Limit Recreational Screen Time
- Pause to Play!
- My Favorite Things to Do Instead of Watching TV
- Take Home Activity Bags
- Limit Recreational Screen Time to Two Hours or Less
- Promote Healthy Viewing Habits
- Unplugged!
- Screen Time and the Very Young
- National Screen-Free Week
- Tips for Reading to Young Children

STRATEGY 6:

Participate in local, state and national initiatives that support healthy eating and active living.

- Why Does This Matter?
- How to Implement Strategy 6: Participate in Local, State and National Initiatives that Support Healthy Eating and Active Living
- Healthy Dates to Celebrate

STRATEGY 7:

Engage community partners to help support healthy eating and active living.

- Why Does This Matter?
- How to Implement Strategy 7: Engage Community Partners to Help Support Healthy Eating and Active Living
- Sample Language for Requesting Support from Local Businesses

STRATEGY 8:

Partner with and educate families in adopting and maintaining a lifestyle that supports healthy eating and active living.

- Why Does This Matter?
- How to Implement Strategy 8:
Partner with and Educate Families in Adopting and Maintaining a Lifestyle that Supports Healthy Eating and Active Living
- 5-2-1-0 Every Day!

STRATEGY 9:

Implement a staff wellness program that includes healthy eating and active living.

- Why Does This Matter?
- How to Implement Strategy 9:
Implement a Staff Wellness Program that Includes Healthy Eating and Active Living
- Healthy Food and Beverage Guidelines for Meetings and Occasions
- Active Meeting Guidelines
- Provide and Promote Safe Walking Routes
- Be a Healthy Role Model

STRATEGY 10:

Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.

- Why Does This Matter?
- How to Implement Strategy 10:
Collaborate with Food and Nutrition Programs to Offer Healthy Food and Beverage Options
- Child and Adult Care Food Program (CACFP)
- MyPlate
- 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!

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