

Let's Go! Policy Addendum

is committed to helping raise a healthy generation of children and build and sustain an environment where the healthy choice is the easy choice. Therefore, we have integrated the Let's Go! Priority Strategies into our program.

- Limit unhealthy choices for snacks and celebrations, provide healthy choices.
- Limit sugary drinks, provide water.
- Prohibit the use of food as a reward.
- Provide opportunities to get physical activity every day.
- Limit recreational screen time.

Date adopted:

Let's Go! Site Champion:



Definitions:

- Unhealthy choices: food & drink high in sugar and/or salt, such as candy, cookies, cake, ice cream, chips, soda, etc.
- Healthy choices: water, fruits, vegetables, whole grain foods, lean protein, and healthy fats.
- Sugary drinks: juices (including 100% fruit juice), soda, sports drinks, energy drinks, lemonade, etc.
- Limit: a restriction on the amount.