

# Let's Go! Policy Review Checklist

Let's Go! can help your program build and sustain an environment where the healthy choice is the easy choice through the development of strong policies. Use this checklist to review your program policy or handbook for the Let's Go! Priority Strategies.

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

- Policy states the program limits unhealthy choices OR the program provides only healthy choices for snacks and celebrations.

Policy language may include phrases like:

- o [Name of program] limits unhealthy choices for snacks and celebrations.
- o [Name of program] only provides healthy choices for snacks and celebrations.

## **Limit or eliminate sugary drinks; provide water.**

- Policy states the program limits sugary drinks.

Policy language may include phrases like:

- o [Name of program] limits sugary drinks.
- o [Name of program] only provides water and milk as beverage options.

## **Prohibit the use of food as a reward.**

- Policy states using food as a reward is not allowed at the site.

Policy language may include phrases like:

- o At [Name of program] we prohibit the use of food as a reward.
- o [Name of program] does not use food as a reward.

## **Provide opportunities to get physical activity every day.**

- Policy states children are given opportunities for physical activity every day.

Policy language may include phrases like:

- o [Name of program] provides children opportunities to get physical activity every day.

## **Limit recreational screen time.**

- Policy states recreational screen time is limited.

Policy language may include phrases like:

- o [Name of program] limits recreational screen time.
- o At [Name of program] we do not have any screen time for children.

Need help reviewing or revising your program policy? Please [email us](#) or integrate the [Let's Go! Policy Addendum](#) into existing policy.