

A Message to Families

Dear Families,

Our program believes that all children deserve the opportunity to be healthy and successful. Healthy eating and physical activity can improve concentration, memory, mood, and help children become better learners. We are a proud partner with Let's Go!, a community program helping us make our program a healthier place. The Let's Go! program message is:



To further support healthy children, staff, and families, our program follows the five Let's Go! healthy strategies.

1. We limit unhealthy choices for snacks and celebrations and promote healthy choices.
2. We limit or eliminate sugary drinks and provide water instead.
3. We do not reward children with food.
4. We provide opportunities to get physical activity every day.
5. We limit recreational screen time.

These strategies are promoted in our community and help ensure a healthy environment for children throughout the day. If you have any questions please don't hesitate to contact us. If you would like more information about Let's Go! visit LetsGo.org. Thank you for your support in helping us create a healthier place for our children to grow!