

Program Overview

5-2-1-0 GOES **OUT-OF-SCHOOL**

Our goal is to help you go from where you are to wherever you want to be!

By participating in 5-2-1-0 Goes Out-of-School, you are joining a statewide network of sites working to improve wellness practices and policies.

Let's Go! is a nationally recognized childhood obesity prevention program. Our goal is to increase physical activity and healthy eating for children from birth to age 18 through policy and environmental change. Let's Go! works in six settings to reach families where they live, learn, work, and play to reinforce the importance of healthy eating and physical activity.



Let's Go! promotes the 5-2-1-0 message consistently across all settings. The message is supported by science and stands for:

- 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**

The out-of-school setting includes a wide variety of programs that serve youth in kindergarten through 12th grade after school, before school, and during school vacations. 5-2-1-0 Goes Out-of-School is designed to be easy and efficient to weave into your busy day. We help you look at your current successes and then build upon them. We guide you in connecting all of your efforts back to your community, creating greater impact on the families you serve.

5-2-1-0 Goes Out-of-School follows five easy steps for using evidence-based strategies to improve the policies, practices, and environments that influence healthy eating and active living in out-of-school programs.



Let's Go! helps participating programs to:

- Reflect on their nutrition and physical activity environments and make changes to support healthy behaviors in kids.
- Increase healthy eating in kids by providing appropriate foods and beverages, and role modeling healthy eating behaviors.
- Increase opportunities for physical activity.
- Reach out to parents to promote healthy behaviors at home.
- Promote the 5-2-1-0 message.

What will you receive as a registered Let's Go! Out-of-School site?

- Personalized assistance from a Let's Go! Coordinator to help meet your program's unique nutrition and physical activity goals.
- A free toolkit loaded with resources for both your staff and your families.
- Opportunities for free training for you and staff members.
- Regular e-newsletters from the Let's Go! Home Office.
- The opportunity to be recognized for your work.
- Free membership in a network of hundreds of sites across Maine, just like yours, working to improve the health of our children.

What is expected of your registered program?

- The commitment to set nutrition and physical activity goals and then work towards achieving them.
- The completion of the Let's Go! Survey each spring.

Are you ready to register as a Let's Go! Out-of-School site?

- Any program with the capacity and motivation to follow the 5 Step Path to Success can register as a Let's Go! Out-of-School site.
- Programs that are interested in incorporating some aspects of Let's Go! (e.g. the '0' message), but are not interested in following or lack capacity to follow the 5 Step Path, may access the toolkits and other materials online at letsgo.org. Limited technical assistance may also be available from the local Let's Go! Coordinator as capacity allows.
 - Programs that are not following the 5 Step Path will not be registered as Let's Go! Out-of-School sites, meaning they will not be evaluated or eligible for recognition.

it's time
to get
started!

FOR MORE INFORMATION,
contact the Let's Go!
Home Office at
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or email us at
info@letsgo.org