

Activities that

INVOLVE COMMUNITY

HOT TIPS:

- **Reach out to your local Healthy Maine Partnership representative!**
www.healthymainepartnerships.org
- **Tap into local experts – don't forget, some of your students' parents may be dentists, healthcare providers, nutritionists, chefs, or fitness instructors!**
- **Use the MaineHealth Learning Resource Centers.**
www.mainehealthlearningcenter.org

Both out-of-school programs and communities can benefit from partnering together!

Try one of these ideas to begin involving your community in your Let's Go! work:

- Start a community garden.
- Sponsor a clean-up day in the neighborhood.
- Sponsor a distinguished speaker series.
- Host a healthy community breakfast or dinner.
- Host a family fitness night.
- Create a community cookbook.
- Hold a community healthy food drive.



Examples of successful collaborations between out-of-school programs and community partners:

LOCAL CHEFS AT MYPLACE TEEN CENTER IN WESTBROOK, MAINE

My Place Teen Center has teamed up with three local Maine businesses—IDEXX Laboratories, The Frog and Turtle Pub, and Bumbleroot Organic Farm—to educate teens on the importance of nutrition and to train them on how to cook healthy meals on a limited budget. Teens experience the fast-paced nature of an industrial kitchen, learning alongside executive chefs from IDEXX and The Frog and Turtle. They learn a range of food service skills including front and back of the house tasks. This dynamic program offers hands-on experience with a focus on building self-confidence, independence, and collaborative working skills.

COMMUNITY GUESTS VISIT CHILDREN IN ACTION AFTERSCHOOL PROGRAM IN RANGELEY, MAINE

Children in Action is an afterschool program provided by Rangeley Health and Wellness for kids in kindergarten through 5th grade held at the Rangeley Fitness Center. Rangeley is a small community, and program director Lindsay Richards makes sure the program provides opportunities for just about everyone to be involved. The program has hosted local farmers, fitness instructors, law enforcement officers, and chefs leading kids in activities related to healthy eating and physical activity. Rangeley Family Medicine across the street is a Let's Go! Health Care practice and has also invested in the kids at the afterschool program. Medical providers from the health center have visited the program to talk about 5-2-1-0 health habits and the connection between food, physical activity, weight, and health. *Children in Action* is all about helping families reinforce healthy habits in kids!