

Benefits of

ORGANIZATION-WIDE PARTICIPATION WITH LET'S GO!

A great way to increase support for programs within an organization is by expanding Let's Go! throughout the organization.

Here are some benefits of participating with Let's Go! as an organization:

so...
what
are you
waiting
for?

Reach more kids

When the entire organization becomes involved (as opposed to just one program or classroom), more kids and families will learn the 5-2-1-0 message and benefit from healthy environments.

Create policy change

An organization-wide wellness policy that supports the 5-2-1-0 message and Let's Go!'s five priority strategies can lead to lasting, sustainable change at your organization and in your community. Policies enhance and support the work of dedicated site champions.

Send consistent messages

When staff or environments at the same organization send inconsistent messages, kids may become confused about healthy choices. Adopting 5-2-1-0 throughout your organization ensures that kids receive consistent messages about health when participating in programs at your organization.

Receive support for other initiatives

Let's Go! can provide support and recognition for the work organizations are already doing to improve their programs. For example, participating with Let's Go! can help programs achieve the National After School Association's Healthy Eating and Physical Activity (HEPA) standards, and can help programs work towards the Council on Accreditation's Child and Youth Development Program Accreditation. See the **Let's Go! 10 Strategies for Success Align with HEPA Standards** handout found in the 'Step 3: Strategy 6' tab and the "Working Towards Accreditation? Let's Go! Can Help" handout found in the 'Additional Resources' section of the Out-of-School Toolkit to learn more.

Promote employee health

When environments and policies promote healthy behaviors, everyone benefits—even employees! Employees may find themselves making healthier choices along with the kids they care for, and healthy employees are great role models for kids.

Enhance public image

The Let's Go! Recognition Program celebrates successful implementation of the Let's Go! Strategies for Success by awarding registered sites with Bronze, Silver, or Gold-level recognition. Recognized sites are highlighted on the Let's Go! website, receive recognition certificates, and celebrate their successes with other Let's Go! participants in the community. Participating with Let's Go! shows that the organization is committed to the health and wellbeing of the kids and families it serves. Organization-wide participation may also inspire support from community partners with similar missions.

MaineHealth

LET'S GO!

5-2-1-0