

Guidelines for a **HEALTHY** FIELD TRIP

Field trips are the best!

Kids and staff look forward to these special days to visit new places and try new things. But when you leave your program site, you also leave behind the healthy environment you have worked hard to create.

It is important that your program continues to support healthy habits even when you bring kids off-site. Here are some tips to ensure your field trip is a healthy field trip.

Bring chaperones up to speed

If new adults are joining your program for the day, inform or remind them that your program participates with Let's Go!. Review the 5-2-1-0 message and the 10 Strategies for Success, and briefly explain how your program implements the strategies.

Get families involved

Encourage families to pack healthy lunches for their kids by sending home the **Healthy Brown Bag Lunches** handout in this section of the toolkit.



Keep kids hydrated

Make sure each child is carrying a water bottle or has access to water all day.

Encourage healthy choices

If kids will have access to a concession stand selling unhealthy foods and beverages, prep kids to make healthy choices by discussing healthy options and moderation before the field trip.

Connect with the community

Take this opportunity to work on Strategy 7 and engage a community partner to help support healthy eating and active living! Whether your field trip is to a museum, a water park, or a botanical garden, let the organization know you participate with Let's Go! and see how they can help.

Tie it all together

When you return to your program site, or even on the bus ride home, ask kids how the field trip connected to each part of the 5-2-1-0 message. Depending on the field trip, this may require some creative thinking!