

Highlight Healthy Eating and Active Living at EVERY FAMILY EVENT

Any time your program brings families together, you have a chance to model 5-2-1-0 behaviors and show families how you are creating a healthier environment for the kids in your care.

For more ideas, check out the Alliance for a Healthier Generation's Healthy Community Events handbook at www.healthiergeneration.org/_asset/zwd0ns/HealthyEventPlaybook.pdf.

Here are some ways you can highlight healthy eating and active living at your program's next family event:

- **Serve healthy snacks.** Showcase an example of a healthy snack parents can feed kids at home.
- **Pass out handouts from the toolkit.** It's the one time you can be sure the handouts make it to parents instead of ending up crumpled in a backpack! Pages with red bars at the top are great to send home!
- **Invite your local Let's Go! Coordinator** to lead an activity and make a 5-2-1-0 shout-out.
- **Highlight your program's goals and successes** related to healthy eating and physical activity.

You can also make 5-2-1-0 the theme of your event! Try these ideas:

- **Invite community partners** to set up tables with local resources such as SNAP-Ed, University of Maine Cooperative Extension, or your local fitness center.
- **Invite guest speakers** such as a local sports star, physician, or farmer to talk about the importance of healthy eating and active living at home.
- **Offer taste tests** of the delicious, healthy snacks and meals you serve at your program. Or introduce new fruits and vegetables for families to vote on!
- **Play active games** such as four square or inflatable volleyball.
- **Host a family field day!**
Engage families in a series of fun activities. Include classics like a water balloon toss, sack race, three-legged race, capture the flag, and more.

