

HOW ORGANIZATIONS CAN **GET INVOLVED** WITH LET'S GO!

Need help getting started with creating policy that supports 5-2-1-0?

Refer to the Let's Go! Policy Checklist and Policy Addendum on pages 10 and 11 of the Let's Go! Recognition Packet for Out-of-School Programs found in 'Section 5: Celebrate' of the Let's Go! Out-of-School Toolkit.

jump
in!

MaineHealth
LET'S GO!
5-2-1-0

Organizations can promote and support the Let's Go! program in a variety of ways. Here are some suggestions:

Connect with the community by promoting the 5-2-1-0 message.

Let's Go! uses a multi-setting, community approach to reach youth and families where they live, learn, work, and play. Kids see and hear the 5-2-1-0 message at school, child care programs, out-of-school programs, and in their pediatrician's office. You can help reinforce this important message by doing the following:

- Hang 5-2-1-0 posters in high traffic areas throughout your facility.
- Create a 5-2-1-0 healthy bulletin board featuring healthy community activities and resources on healthy eating and active living.
- Display books, puzzles, and activity sheets that support healthy eating and active living in play areas.
- Create a sugar bottle display to show kids and families how much sugar is in some popular drinks.

Encourage all programs within the organization to register as Let's Go! sites.

Each program that registers with Let's Go! will receive individualized support from a Let's Go! Coordinator and will have the opportunity to work towards unique goals and be recognized for their efforts.

Create organization-wide policies that support the 5-2-1-0 message and Let's Go!'s 5 Priority Strategies.

This is one of the best ways to support programs in their efforts to increase healthy eating and physical activity. Sites with strong policies are eligible to achieve Gold-level recognition through the Let's Go! Recognition Program.

Become a Let's Go! Healthy Workplace.

Use tools and strategies from the Let's Go! Healthy Workplace Toolkit to increase movement and healthy eating among employees.

www.letsgo.org/toolkits/healthy-workplaces/

Your organization may choose to participate in some or all of these ways, depending on your interests and capacity. Regardless of how you choose to participate, your local Let's Go! Coordinator is here to help! To get in touch with your local coordinator, visit: www.letsgo.org/partners/find-your-local-maine-partner/.