

## STRATEGY 7: Engage Community Partners to Help Support Healthy Eating and Active Living

# how to implement

Community partners can add expertise and extra hands to your Let's Go! efforts. Think about how you might include one of these community partners in your plan for the year.

**Bolded** items mean there is a supporting handout in this section!

### Engage community partners:

- Connect with community partners that can safely provide yoga, dance, tai chi, or other types of fitness instruction to introduce kids to different forms of physical activity.
- Use the **Sample Language for Engaging Contracted Instructors in Your Let's Go! Efforts.**
- Ask SNAP Educators to provide nutrition education.
- Ask health professionals such as your school physician, local pediatrician, or nutritionist to come share their expertise.
- Ask Cooperative Extension Master Gardeners to help with your garden.
- Invite local college students to lead a healthy activity.
- Take a tour of a local farm to learn how fruits and vegetables are grown.
- Follow the steps to **Build a Partnership with Your Local Grocery Store.**
- Seek funding using the **Sample Letter for Requesting Support from Local Businesses.**
- Involve kids in **Activities that Involve the Community** in healthy eating and active living.

