

## STRATEGY 8: Partner with and Educate Families in Adopting and Maintaining a Lifestyle that Supports Healthy Eating and Active Living

# how to implement

Partnerships with families promote consistent messaging about healthy lifestyles and can influence the home environment. Here are some ways to bring families into the fold!

**Bolded items** mean there is a supporting handout!



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

### Partner with families:

- Ask parents to be a part of your Let's Go! team.
- Send home the **Letter to Families Announcing a New Partnership** (found in the 'Step 1: Sign-Up or Re-Engage' tab of the toolkit).
- Send home the Let's Go! "Message to Families" once you are implementing all 5 priority strategies. (Refer to the **Let's Go! Guide to Success** in the Step 2.)
- Utilize the skills of parents (e.g. nutritionist, carpenter, artist, etc.) to support your 5-2-1-0 efforts.

### Educate families:

- Use bulletin boards and wall space to promote 5-2-1-0 messages; get ideas from the **Healthy Bulletin Boards – A Creative Way to Connect**.
- Create a 5-2-1-0 Let's Go! section in your program newsletter.
- Host family wellness events such as 5-2-1-0 educational sessions, family cooking classes, and family fitness nights.
- **Highlight Healthy Eating and Active Living at Every Family Event.**
- Send home parent handouts, such as **5-2-1-0 Every Day!**

Each of the 5 priority strategy tabs has more parent handouts to share! Choose the ones you want to send home, and then go to that section to find them:

### STRATEGY 1: Limit unhealthy choices for snacks and celebrations; provide healthy choices.

- **Ideas for Healthy Snacks**
- **Snacks to Fuel Your Brain**
- **This vs. That for Snacks**
- **Ideas for Healthy Foods for Celebrations**
- **Present Fruits and Vegetables in Fun, Creative Ways**
- **Healthy Snack Ideas – Letter to Families**
- **Healthy Foods for Celebrations – Letter to Families**
- **Healthy Party Sign-Up Sheet**
- **Safely Working with Kids in the Kitchen**
- **Sports and Snacks**
- **Eat at Least Five Fruits and Vegetables a Day**
- **Healthy Shopping on a Budget**
- **Understanding Food Labels**
- **A Guide to Maine Seasonal Food**
- **Breakfast is Best**
- **A Meal is a Family Affair**
- **Fruits and Vegetables, All Year Long!**

continued

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- **What is a Healthy Portion?**
- **Tips for a Healthier Diet**
- **Healthy Brown Bag Lunches**
- **Handling a ‘Choosy’ Eater**
- **Phrases that HELP and HINDER**
- **Pick a Better Fast Food Option**

### STRATEGY 2: Limit or eliminate sugary drinks; provide water.

- **Limit Sugary Drinks Sent in from Home – Letter to Families**
- **Make Fun Flavored Water**
- **‘0’ Sugary Drinks... Drink Water!**
- **Water is Fuel for Your Body**
- **Sports and Energy Drinks**
- **How Much Sugar Do You Drink?**
- **What’s the Deal with Added Sugar?**

### STRATEGY 3: Prohibit the use of food as a reward.

- **Non-Food Rewards at Home**

### STRATEGY 4: Provide opportunities to get physical activity every day.

- **Get One Hour or More of Physical Activity Every Day**
- **Physical Activity in Any Weather**
- **Take It Outside**
- **Top Five Anywhere Exercises**

### STRATEGY 5: Limit recreational screen time.

- **Healthy Activities for School Vacation**
- **It’s Summer! Let’s Ditch the Screens and Play!**
- **Media Literacy**
- **What the Experts Say about Food Rewards**
- **Limit Recreational Screen Time to Two Hours or Less**
- **Step Away From the Screen**
- **Ditch the Phone for an Hour a Day to Get Active and Play!**
- **Promote Healthy Viewing Habits**
- **Unplugged!**
- **Healthy Sleeping Habits**

make healthy the  
buzz word!