

# Healthy Eating and Physical Activity at Our Program Message to Families

Date

Dear \_\_\_\_\_

Our program believes that all kids deserve the opportunity to be healthy and successful. Healthy eating and physical activity improve concentration, memory, and mood, helping kids become better learners. We are pleased to share with you that our program supports the 5-2-1-0 Every Day message, which states the following:



To support healthy students, staff, and families, we participate in Let's Go! 5-2-1-0 Goes Out-of-School. As part of this program, we promote and follow the Let's Go! five healthy strategies below, which support the 5-2-1-0 behaviors:

1. We limit unhealthy choices for snacks and celebrations; providing healthy choices instead.
2. We limit or eliminate sugary drinks and provide water.
3. We do not reward children with food.
4. We provide opportunities to get physical activity every day.
5. We limit recreational screen time.

These strategies and the 5-2-1-0 message are promoted at other Let's Go! schools, child care programs, out-of-school programs, and health care practices in our community and the state of Maine. Together, we can help ensure a healthy environment for kids throughout the day.

If you have any questions please don't hesitate to contact us. If you would like more information, visit [LetsGo.org](https://LetsGo.org). Thank you for your support in helping us create a healthier place for our kids to learn and grow!

Sincerely,