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it's **ALL** about healthy!



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STRATEGY 1:

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- Promote Healthy Viewing Habits
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STRATEGY 6:

Participate in local, state and national initiatives that support healthy eating and active living.

- Why Does This Matter?
- How to Implement Strategy 6
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Implement a staff wellness program that includes healthy eating and active living.

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- Active Meeting Guidelines
- Provide and Promote Safe Walking Routes
- Be a Healthy Role Model
- Celebrating Staff Successes Without Food

STRATEGY 10:

Collaborate with Food and Nutrition Programs to offer healthy food and beverage options.

- Why Does This Matter?
- How to Implement Strategy 10
- Child and Adult Care Food Program (CACFP)
- School-Based Afterschool Snack Program
- USDA Summer Meals Program
- Let's Go! Customizable Summer Meals flyer
- USDA School's Out! flyers
- Go Above and Beyond to Provide Healthy Meals and Snacks

MORE:

Increase the Reach of Your Let's Go! Efforts throughout Your Organization

- How to Increase the Reach of Your Let's Go! Efforts
- Benefits of Organization-Wide Participation with Let's Go!
- How Organizations Can Participate with Let's Go!
- Let's Go! Program: We want you on board!

STEP 4: Complete Survey

- The Let's Go! Survey
- Let's Go! Evaluation Framework

STEP 5: Celebrate

- Celebrate ALL of Your Successes!

Additional Resources

- Empowering Adolescents to Make Healthy Choices
- Working Towards Accreditation? Let's Go! Can Help
- Continue Your Let's Go! Efforts Over the Summer
- Visit the Let's Go! Online Store
- 5-2-1-0 Trivia, Facts, and Questions of the Day
- Original 5-2-1-0 Song Lyrics
- If You're Happy and You Know It–5-2-1-0 Version

Front Pocket

- (3) Let's Go! Water Posters
- (5) PSA Posters
- 5-2-1-0 Physical Activities: A 'Redy-To-Go' Book of Energizers and Games