

**GREETINGS!**

are **you** ready?



Thank you for taking time to review the 5-2-1-0 Goes Out-of-School Toolkit! 5-2-1-0 Let's Go! works with out-of-school programs across the state to increase healthy eating and physical activity opportunities for kids. The program is part of a larger initiative called Let's Go! at The Barbara Bush Children's Hospital at Maine Medical Center. To learn more about Let's Go!, please visit [www.letsgo.org](http://www.letsgo.org).

The program is based on the following easy-to-remember message:

**5** or more **FRUITS & VEGETABLES**  
**2** hours or less of **RECREATIONAL SCREEN TIME**  
**1** hour or more of **PHYSICAL ACTIVITY**  
**0** sugary drinks, **MORE WATER**

This toolkit is designed to align with your Let's Go! work throughout the year. Each tab is designed to line up with the program's 5 Step Path to Success. Within each tab are the handouts, tools, and resources that will guide and support you through each step. Take time to become familiar with the contents of the toolkit and keep it handy! The whole toolkit is also available online for your convenience.

Our hope is that 5-2-1-0 Goes Out-of-School will help support out-of-school programs in raising and educating a healthier generation of kids. Please direct any feedback, questions, or comments you may have to Let's Go! at (207) 662-4422, or email [info@letsgo.org](mailto:info@letsgo.org).

MaineHealth

**LET'S GO!**

**5-2-1-0**

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The Barbara Bush Children's Hospital  At Maine Medical Center